

Why should I Utilize the Onsite Health and Wellness Centers?



Free Medical Care!

- No deductibles
- No co-pays
- No out-of-pocket costs to you

What are the Benefits to You?

- No more long stays in a waiting room
- No out-of-pocket expense at the HWC
- Increased convenience and access
- More one-on-one time with the doctor
- Onsite dispensing of generic medications
- Wellness Services

What can be treated at the HWC?

- Colds, flu, sore throats
- High blood pressure
- High cholesterol
- Diabetes
- Annual physicals
- Electrocardiogram (ECG/EKG)
- Lab work
- X-ray
- And much more!

Additional Services

- Immunizations
- Diabetic supplies
- Health risk assessments
- Annual Wellness Visits
- Imaging Studies
- Pulmonary Function Testing (PFT)/ Spirometry
- Sleep studies



Available Vaccines

- Recombivax (Hep B) series
- Hepatitis A
- Hepatitis A/B combo
- Mantoux PPD (TB test)
- TDap (Tetanus, Diphtheria, Pertussis)
- Shingles vaccine
- MMR (Measles, Mumps, Rubella)
- Pneumovax (Pneumonia) vaccine



Who is Eligible for Service?

All employees, retirees, spouses and dependents 8 years and older (see provider schedule for details) covered under the District's group medical plan are eligible to use the Health and Wellness Centers.

No Show Policy

Unfortunately, the number of employees/dependents who fail to show up for appointments without canceling remains significantly higher than other districts offering this same benefit. The demand on the available appointment slots has been overwhelming and "no shows" greatly diminish the capacity for others to secure an available time slot.

If you are unable to keep your appointment, please provide at least one-hour notice by calling My Health Onsite's Help Desk at (888) 644-1448 to cancel your appointment.

Employees/dependents who continue to "no show" for scheduled appointments will be subject to monetary fines and/or restrictions on usage of the Health and Wellness Centers.

Late Arrivals

Please arrive at least 5 minutes before your scheduled appointment. In consideration of others, if you arrive after your scheduled appointment time, you may be rescheduled for another time and/or day if the Health and Wellness Center is unable to work you in among the other scheduled appointments.

We Value Your Privacy

You will enjoy complete privacy and confidentiality (HIPAA/Privacy compliant) at your onsite Health and Wellness Centers! Your private health information and visit activity will never be shared with anyone at the school district.

Flu Vaccines

The Health and Wellness Centers (HWC) offer the flu vaccine annually to all insured employees, retirees, spouses and dependents 10 years and older covered under the district's group medical plan, as well as non-insured employees, at no cost to you.

The best time to receive the flu vaccine is October through May

Coverage from the flu vaccine typically lasts 16 weeks. Therefore, suggests patients receive the vaccine during the fall (beginning October/November) to provide maximum coverage throughout flu season. Talk with your HWC provider to learn more about the vaccine or call the HWC Help Desk for more information. Please visit www.PascoGoHealthy.net for the most up-to-date schedule and contact information.



Wellness Programs

Health and Wellness Center (HWC) patients have access to all new wellness programming through My Health Onsite. Patients will work one-on-one (telephonically, electronically, or face-to-face) with a member of My Health Onsite's wellness team, which includes an onsite Nurse, Registered Dietitian, Nurse Educator, and Health Coach.

My Health Onsite's Wellness Programs Put Patients in Control of Their Goals!

Each wellness program is tailored to the specific needs and interests of the patient. Once enrolled by their provider, the patient will work one-on-one with their health coach to come up with **Specific, Measureable, Attainable, Relevant, and Timely (S.M.A.R.T.)** goals. Coaching sessions last approximately 40 minutes each. The time to complete each program will vary, with the exception of the Tobacco Cessation program (6 weeks) and the Group Weight Loss program (12 weeks).

How Do I Get Started?

Patients interested in starting a new wellness program may enroll through their My Health Onsite (MHO) Provider. If you have yet to be established with an MHO provider, a great way to become established is by completing an annual Vital Health Profile (VHP). During the VHP Physical, your provider can refer you into the wellness program based on your test results and interests.



WELLNESS EDUCATION PROVIDED ON:

- Diabetes
- Hypertension
- Nutrition
- Asthma
- Hyperlipidemia
- Rhabdomyolysis
- Tobacco Cessation
- Stress Management
- Healthy Living
- Medication Management
- Weight Management
- Behavioral Health
- Anxiety/Depression
- Hyperthyroidism
- Hypothyroidism
- COPD
- PCOS
- And More...

Call the 24-Hour Call Center Support Team to Learn More: **888-644-1448**

Locations & Service Hours

(Verify current schedule online or call)



Monday – Friday Schedule

Lab Services Only

(All Centers)

(HRA, blood draws, drug tests, etc.)

Monday: 6a – 10:45a
 Tuesday: 6a – 10:45a
 Thursday: 6a – 10:45a
 Friday: 6a – 10:45a

Medical Services

(Land O' Lakes, Centennial & Hudson & Longleaf)

Monday: 8a – 12p; 1p – 5p
 Tuesday: 7a – 7p
 Wednesday: 7a – 7p
 Thursday: 7a – 7p
 Friday: 8a – 12p; 1p – 5p

Medical Services

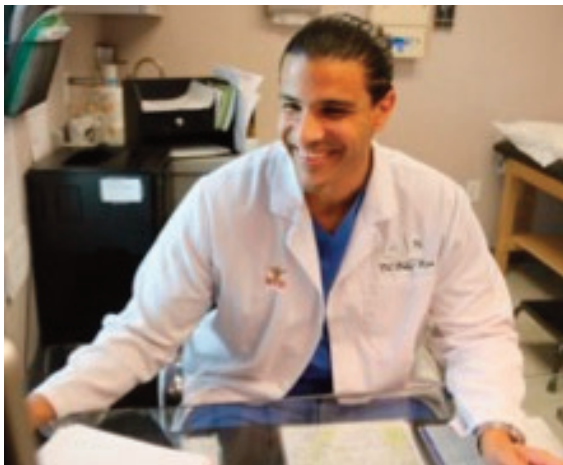
(Gulf)

Monday: 7a – 12p; 1p – 7p
 Tuesday: 7a – 12p; 1p – 4p
 Wednesday: 7a – 12p; 1p – 7p
 Thursday: 8a – 12p; 1p – 5p
 Friday: 8a – 12p; 1p – 5p

Medical Services

(Wesley Chapel)

Monday: 8a – 12p; 1p – 5p
 Tuesday: 7a – 12p; 1p – 4p
 Wednesday: 10a – 2p; 3p – 7p
 Thursday: 8a – 12p; 1p – 5p
 Friday: 8a – 12p; 1p – 5p



Saturday Schedule (8a.m. - 1p.m.)

Land O' Lakes HWC

20360 Gator Lane, Bldg. 14
Land O' Lakes, FL 34638

Saturday Hours
Every Saturday

Wesley Chapel HWC

30833 Wells Road
Wesley Chapel, FL 33545

Saturday Hours
2nd & 4th Saturday

Centennial HWC

38503 Centennial Road
Dade City, FL 33525

Saturday Hours
1st & 3rd Saturday

Gulf HWC

5117 Madison Street
New Port Richey, FL 34652

Saturday Hours
2nd & 4th Saturday

Hudson HWC

14730 Cobra Way
Hudson, FL 34669

Saturday Hours
1st & 3rd Saturday

Longleaf HWC

3381 Town Avenue
New Port Richey, FL 34669

Saturday Hours
2nd & 4th Saturday

Pasco Go Healthy Website

(Pasco County Schools' Wellness Portal)



The goals of the District's wellness program are to both decrease the risk of disease and to enhance the quality of life of our employees. Healthy, happy, and motivated employees are an essential part of creating a community, which works together so all our students will reach their highest potential.

The Pasco Go Healthy wellness portal (www.PascoGoHealthy.net) hosts all of the latest information on current and upcoming health and wellness initiatives. Popular topics include:

- The Health and Wellness Incentive (HWI) Program Details and Payment Schedule
- My Health Onsite Health and Wellness Center Information
- Tobacco Cessation Resources

The Pasco Go Healthy wellness portal also includes important information about yearly wellness events such as the:

- Pasco Go Healthy Walking Challenge
- Great American Smokeout
- National Employee Health and Fitness Day

Pasco Go Healthy has something for everyone! While some of the programs and services detailed on the Pasco Go Healthy wellness portal are open to benefit-eligible employees only, there are many other resources and initiatives outlined on the site that are available to ALL employees. Be sure to read the program descriptions to determine which programs are right for you.

Please check out the Pasco Go Healthy wellness portal at www.PascoGoHealthy.net to get all the latest information on the District's health and wellness initiatives, resources, as well as yearly wellness events.



Tobacco Cessation Resources

Tobacco use can lead to life-threatening conditions including cancer, heart disease, and stroke. The programs below are offered at no cost to employees and provide participants with an unlimited number of quit attempts per year:

Available to all employees:

- Tobacco Free Florida offers resources for all school district employees. In addition to online and toll-free counseling, Tobacco Free Florida offers free face-to-face classes through the Florida Area Health Education

Centers (AHEC). AHEC hosts 2 onsite classes; one 2-hour session or a six week group session. AHEC also provides participants with one month free Nicotine Replacement Therapy (gum, lozenges, and patches) for those who enroll in one of the two programs. Registration is required. Please contact AHEC at 813-929-1000 for more information or to sign up.

Available to covered employees:

- The onsite Health and Wellness Centers (HWC) provide a six -week onsite Tobacco Cessation course, monitored closely by our HWC Providers. Chantix medication is also available, for \$0 copay, to participants who are working through the onsite or online HWC Tobacco Cessation program and who have been approved by our providers for medication. To sign up for this program, please visit your HWC provider.

2021 HEALTH & WELLNESS INCENTIVE

Pasco County Schools offers the Health & Wellness Incentive (HWI) Program for employees and retirees covered under the District's group medical plan. Participation is voluntary; however, participants must follow the steps outlined below to qualify.

COMPLETE VHP LABS



You must complete an **Annual VHP Lab Draw** through the Health and Wellness Center (HWC).

Only one (1) VHP may be incentivized per program year (01/01/2020 - 12/31/2020).

COMPLETE VHP FOLLOW-UP



You must follow up with an **HWC provider** to obtain and discuss VHP results within **90 days** of your VHP lab appointment.

Payment for the incentive reward is based on the completion date of the follow-up

SELECT YOUR FIT OPTION



Select **one (1) Fit Option** during the VHP follow-up appointment to receive your incentive reward.

Participants who do not make a selection, or select more than 1 option, will be automatically enrolled in PascoFit.

Participants may be enrolled in only one (1) options per year. Incentives may not be divided up between options.

ALL ACTIVITIES MUST BE COMPLETED BY DECEMBER 31, 2020

For more information, please visit:

www.PascoGoHealthy.net

2021 HEALTH & WELLNESS FIT OPTIONS

Employees who qualify for the 2020 Health and Wellness Incentive may select from one (1) of the following Fit Options to redeem their incentive. Those who do not make a selection, or who elect more than one option, will be automatically enrolled in the Pascofit option.

Participants may be enrolled in only one option per incentive year. Incentives may not be divided up between options.

YOUFIT

Year Membership (\$250 value)



Youfit is a health club focused on participants' health. Membership includes unlimited access to all Youfit locations, unlimited guest privileges, and unlimited group fitness classes.

[Click here to find out more.](#)

PEERFIT

Year Membership (\$250 value)



Peerfit allows participants to explore different types of workouts, discover new studios around town, add variety to their routine, and continually renew their motivation to get fit

[Click here to find out more.](#)

YFIT BUY-UP

Year Membership Contribution (\$250 value)



In addition to gym access, membership at the YMCA includes unlimited group fitness classes and childcare. Employees who choose the YFit Buy-up option for themselves may choose to include family members on their plan, as well as additional services such as personal training and swimming lessons.

[Click here to find out more.](#)

PASCOFIT

\$150 - \$250



Participants who complete the VHP and follow-up are eligible for a \$150 incentive reward. An additional \$100 incentive reward may be earned by completing up to two (2) wellness programs.

[Click here to find out more.](#)

For more information, please visit:

www.PascoGoHealthy.net