

CareHere!®

**Pasco County School Board
is proud to announce...**

Why Should I Utilize a District School Board of Pasco County On-site 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
- On-site dispensing of generic medications

What Can be Treated at the HWC?

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

Additional Services

- Immunizations
- Diabetic Supplies
- Health Risk Assessments
- Annual Wellness Visits

Available Health Coaches

- Registered Nurse
- Registered Dietician
- Exercise Physiologist
- Licensed Mental Health Counselor

CALL CARE HERE 1.877.423.1330



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. The District continues to monitor the situation and may be compelled to implement monetary fines and/or restrictions on Health and Wellness Center use if the situation does not improve. Therefore, if you are unable to keep your appointment, please remember to cancel your appointment with at least one hour advance notice by logging onto www.carehere.com or calling 1.877.423.1330.

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.

What About Privacy?

You will enjoy complete privacy and confidentiality (HIPPA/Privacy compliant) at your CareHere Health and Wellness Centers! Your private health information and visit activity will never be shared with anyone at the School District.

Wellness Programs

There are a number of wellness programs available for free to HWC participating employees. Completion of programs, such as the ones listed below, may earn eligible employees and retirees incentive funds through the District's Health and Wellness Incentive (HWI) Program.

For more information on available wellness programs and the District's HWI Program visit www.pascogohealthy.net.

Onsite and Online Options via CareHere Connect include :

- Cholesterol Management
- Weight Management
- Diabetes Management
- Beginners Exercise
- Healthy Eating/Pre-diabetes
- Tobacco Cessation
- Hypertension Management
- Stress Management
- Healthy Body/Healthy Mind
- Snail-to-trail

Scheduling Appointments

1. Log-on to www.CareHere.com and click on "members only."
2. Enter your username and password.
3. Click "appointments" to schedule or change an appointment. Standard Health and Wellness Center (HWC) days and hours will be displayed and a calendar will appear.
4. Click a valid HWC day on the calendar – both available and unavailable appointment slots will appear.
5. Click "Make Appointment" to schedule an appointment on your preferred time slot and HWC location. *(A pop-up screen will appear. Make sure your computer permits pop-ups.)* If you desire, enter symptoms, reason for appointment, or comments. Click "print" if you want a printed reminder of the appointment.
6. Click "Submit" to save. *(The pop-up window will close automatically.)* The calendar will automatically update

and show your scheduled appointment. You can edit or delete your appointment at any time. Only you can view details about your appointment – no one else can see that you have scheduled an appointment.

First-time User?

Register by going to www.CareHere.com and click "members only." Click "I need to register for the first time with my Access Code." Beside "first time registration," enter access code: PCFSD7. Click "go." Review the consent form and if you agree, check "I agree." For identifications, you will need to enter your social security number and birth date, create a username and password, and enter your email address. On the contact page, review all of your information for accuracy. Complete the health page, skipping any field for which you don't know the answer. A confirmation email will be sent to the email address you provided. You may now log in as a member by clicking the "go to login page" button. If you do not have an email address, please call CareHere at 877-423-1330 for scheduling assistance.

Annual Health Risk Assessment!

The CareHere annual Health Risk Assessment (HRA) is an in-depth analysis of 26 key lab panels plus other health measures indicating high cholesterol, diabetes, liver functions, chemistry levels, nutrition, prostate cancer, hypertension and more. From a blood draw and health questionnaire, you will receive a detailed report which explains your results through color-coded graphs to help you better understand your results. Armed with this powerful tool, you will be encouraged to discuss your health risks with the CareHere medical team in detail, prepare a plan of action, and track trends that are essential to healthy living.

Locations & Service Hours

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

Medical Services:

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: 8a – 1p (*every Saturday*)
Sunday: CLOSED

Centennial HWC

38503 Centennial Road
Dade City, FL 33525

Medical Services:

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: 8a – 1p (*every 1st & 3rd Saturday*)
Sunday: CLOSED

Gulf HWC

5117 Madison Street
New Port Richey, FL 34652

Medical Services:

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: 8a – 1p (*every 2nd & 4th Saturday*)
Sunday: CLOSED

Hudson HWC

14730 Cobra Way
Hudson, FL 34669

Medical Services:

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: 8a – 1p (*every 1st & 3rd Saturday*)
Sunday: CLOSED

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

2015 Health & Wellness Incentive Program



Quick Start Guide:

\$150 Incentive Reward

Complete:

- Health Risk Assessment (HRA)
- Online Questionnaire and
- Follow-up visit within 90-days

You must complete the HRA before you are eligible for the next incentive

Earn Additional \$100 Incentive:

- Complete two (2) wellness programs by October 31, 2015

Incentive Payments:

- Incentive payments will be calculated quarterly and loaded onto your prepaid VISA card

Do NOT Throw Your Prepaid VISA Away

- Your prepaid VISA card is valid for three (3) years.
- Cards issued in 2013 are valid through 2016
- Prepaid Visa cards will be issued for new participants 4 – 6 weeks after the end of each quarter

All activities must be completed within the timeframe of January 1, 2015 – October 31, 2015.

You are eligible for up to \$250 Total Incentive Reward.

The District School Board of Pasco County will continue to offer a Health and Wellness Incentive (HWI) program for employees and retirees to help promote wellness and healthy lifestyles. Participation in the HWI program is voluntary; however, participants must follow the steps outlined on this page in order to be eligible for the 2015 incentive.

Step 1: Health Risk Assessment (HRA) and Follow-up

1. You must complete an HRA through the Health and Wellness Center (HWC) and the online biometric questionnaire.
2. You must follow up with an HWC provider to obtain and discuss HRA results within 90-days of your HRA lab appointment to be eligible for the HWI rewards.
3. If you had an HRA on or after November 1, 2014 and want to participate in the 2015 HWI program, you must schedule a follow-up appointment with CareHere to get started.
4. You are eligible for a \$150.00 reward upon completion of the HRA and follow-up with an HWC provider.

Step 2: Health and Wellness Programs

During your follow-up visit, the provider will discuss some health indicator benchmarks with you. Your provider will enroll you in a health and wellness program based on your results. You have an opportunity to earn up to an additional \$100 incentive reward by completing two (2) wellness programs.

Health and Wellness Incentive Rewards (Visa prepaid card)

Health and Wellness Incentive (HWI) rewards will be loaded onto your Visa prepaid card at the end of each quarter within 45 day following. New or replacement cards are distributed approximately 4 – 6 weeks after the end of each quarter.

Do Not Throw Your Card Away

Your Visa prepaid card is valid for three (3) years even if you have a zero balance. New cards will continue to be valid for the 2015, 2016 and 2017 HWI rewards. Check your card for expiration date.

The Bank of America Visa prepaid card provides an immediate, convenient and secure way to disperse HWI rewards. You are not limited to using your Visa prepaid card for health and wellness; it may be used the same as a debit card.

Instructions & Tips

1. Card activation: www.bankofamerica.com/commercialprepaidcard or call 1.866.213.8564 (TTY line at 1.866.656.5913)
2. When you call to activate your card, you will select a PIN number. Your PIN is the access code to your account for all point-of-sale purchases and ATM transactions.
3. Contact the Customer Service Representative by calling 1.866.213.8564 if you have questions regarding the information such as:
 - a. Account balances
 - b. Lost, stolen or damaged cards