

NHRMC Healthy Lifestyles Plan

2019 Action Item Completion Form Healthy Lifestyles Plan-Diabetes

HEALTH INFORMATION

Please fill out form below and submit to Healthy Lifestyles Plan Administrator by December 31, 2019

Action Item	Requirements	Date Completed
Annual Doctor Visit	Required for all	
Retinal Eye Exam	Required for all	
Mid-year HRA (June/July 2019) **	Required for all	
Special Presentation (One presentation per year) *	Required for all	
Introduction to Diabetes (Online Only) *	Required if NOT completed in previous years	
Heart Health & Healthy Lifestyles Class (Online Only) *	Required if NOT completed in previous years	
Healthy Lifestyles Good for You *	Required if NOT completed in previous years	
Diabetic Foot Exam	Required with HbA1c 6.5+ (at 2019 HRA)	
Cooking Class or Grocery Store Tour***	Required with HbA1c 7.0+ (at 2019 HRA)	
Pharmacy Visit (One visit per year)	Required with HbA1c 7.0-8.9 (at 2019 HRA)	
Pharmacy Visit (Two visits per year)	Required with HbA1c 9.0+ (at 2019 HRA)	
Dietitian Visit (One visit per year)	Required with HbA1c 9.0+ (at 2019 HRA)	

*Sign up at www.nhrmc.org/healthylifestylesplan (Click on **CLASSES**)

**Requirements: height, weight, BP, HbA1c, and fasting lipid panel. Call Employee Health 667.7445

*** Sign up at www.nhrmc.org/cooking

MEMBER INFORMATION (To be completed by Patient): **2019 HRA HbA1c** _____

Last Name: _____ First Name: _____

Date of Birth (MM/DD/YYYY): _____ Last 4 SS#: _____

Email address: _____ Dependent (Circle one): Yes No

You will be notified if your Action Item Completion form needs more information by the NHRMC's Healthy Lifestyles Plan Administrator.

Member Signature: _____ **Date:** _____

Fax your completed form to **910.667.5969**, or mail to:
NHRMC HR Benefits
Attn: Tina Marie Medlin, Health Lifestyles Plan Administrator
PO Box 2318
Wilmington, NC 28401



Thank you for participating in the
NHRMC Healthy Lifestyles Plan.

