

NHRMC Healthy Lifestyles Plan

2019 Action Item Completion Form Healthy Lifestyles Plan-High Blood Pressure

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	
Special Presentation (One presentation per year) *	Required for all	
Introduction to Hypertension (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 Class *	Required if NOT completed in previous years	
Cooking Class or Grocery Store Tour **	Required with BP 160/100+ (at 2019 HRA)	
Pharmacy Visit (Two Visits)	Required with BP 160/100+ (at 2019 HRA)	

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

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

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

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