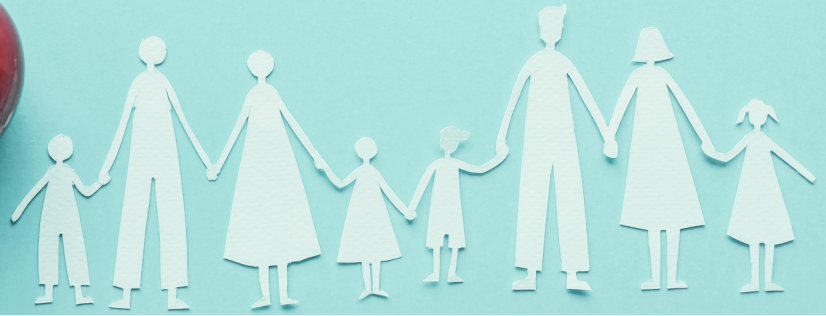


A close-up photograph of a red stethoscope with silver-colored metal tubing and white earpieces, resting on a light blue surface. A realistic red heart is positioned next to the stethoscope, symbolizing cardiovascular health.



The WellBeing Program engages and supports the health and welfare of Broward County employees with a comprehensive program that embraces prevention, inclusion, and engagement in physical and mental health, social responsibility, financial education, and personal accountability. Participation is voluntary and open to all County employees and their families. Services are offered to empower employees with the information, tools, and support they need to take charge and move toward overall optimal health and wellbeing through various programs and robust wellness activities.

The County has leveraged the WellBeing Program through the health plan carrier as an adjunct to the overall WellBeing Program providing additional incentives to encourage participation.

Recent incentives for receiving the COVID-19 vaccine, bringing mobile mammography, and socially-distanced Biometric Screens to County locations are an example of the wellbeing partnership that exists to empower employees with the information, tools, and support they need to take charge and move towards optimal health.

Broward County is pleased to offer a comprehensive benefits program that provides for you and your family. It is an integral part of your overall wellbeing and is designed to encourage healthy lifestyles and engage employees in actively managing their health care. Managing chronic, long-term diseases by following medical protocols to keep diseases under control can help everyone live a more healthful and productive life.

Maintaining or improving your health with regular preventive care, along with following the advice of your doctor, can help you stay healthy! Routine checkups and screenings can help you avoid serious health problems, allowing you and your doctor to work as a team to manage your overall health, and help you reach your personal health and wellness goals.

Preventive care focuses on evaluating your current health status when you are symptom-free and taking the necessary steps to maintain your health. Medical evidence indicates that appropriate preventive care, including counseling, education, immunizations, and screenings, can help prevent or minimize the effects of many severe health condi

Proper preventative care services will vary from person to person based on age, gender, and other risk factors, including family medical history. During your preventive visit, you should discuss with your doctor which tests or health screenings are right for you.

To help identify preventive services, UnitedHealthcare (UHC) has provided a preventive care screening guideline brochure attached to this packet. Services performed during a preventive screening will be considered preventive care when there are no known symptoms, illnesses, or history of prior symptoms or diseases. Coverage for these services is also subject to age and gender restrictions and may depend on your individual risk factors.



In this issue of **PreventiveMEASURES** we are focusing on a few of the many comprehensive WellBeing Program services offered to County employees. Review the website at Broward.org/WellBeing and select the Events page each month for activities and programs that provide opportunities to lead you to optimal health and wellbeing.



Eye Exams Are Windows to Your Health—Preventive eye exams can offer more than corrected vision. The eye exam is often the first glimpse to diagnose chronic diseases, including high cholesterol, hypertension, diabetes, and glaucoma.



HIGH Blood Pressure Units—Regularly checking your blood pressure is an essential step in your WellBeing. The High Health Station is not only a way to check your significant health numbers, like Blood pressure and weight, you can also learn about the **FREE** programs offered by UnitedHealthcare (UHC). These programs can help you save money on health care or provide access to someone to talk to about personal health matters.



Dental Checks More than Teeth— Good oral health plays a crucial role in overall wellbeing. Gum disease can cause bacteria and toxins to enter your blood which can cause issues with diabetes, heart disease, respiratory conditions, pregnancy complications, and Rheumatoid arthritis. A routine dental checkup is part of your preventive services on your health plan.



Get Annual Checkups —Preventive annual checkups are your first line of defense to prevent and improve your overall health. The services covered under your preventive care benefit may change from time to time as new medical evidence emerges and evidence-based recommendations change. It is important to listen and talk to your doctor.

Preventive services are provided according to the guidelines of the Affordable Care Act (ACA). Coverage for these services is also subject to age and gender restrictions and may depend on your individual risk factors. Some services your doctor performs during an annual physical may not be covered as part of a preventive code. Your doctor may need this information to help you maintain your optimum health, and although you may have a cost for this service, listen to your doctor. Prevention is always a better choice and a lower cost in more ways than one.



Where To Find Information?

ONSITE HEALTHCARE ADVOCATES

The UnitedHealthcare Onsite Healthcare Advocates are one of the many personal resource's County employees have to assist regarding all health care needs. Contact them for any information regarding preventive services offered.



Danila Montgomery
Danila_montgomery@uhc.com
954-357-7191

Marc Dorneus
Marc_Dorneus@uhc.com
954-357-7192



RESOURCES

The many programs offered to County employees and their dependents can be accessed through multiple resources including:

- ◆ Broward.org/Benefits
- ◆ Broward.org/WellBeing
- ◆ MyUHC.com
- ◆ UHC.com/preventivecare
- ◆ whyUHC.com/Broward
- ◆ Health.gov



For more information contact Employee Benefits at 954-357-6700 or email at Benefits@broward.org or Wellness@broward.org.