



"My Health" Options

A quick guide on how you can fulfill the My Health section of the 2022 Health Credit Premium Program year.



OPTION 1:

Health Navigation Appointment



Take part in a **participant-led** Health Navigation appointment with a credentialed wellness professional.

These 15 minute phone appointments are geared towards wellness topics that YOU want to cover and can connect you to the right benefits.

To make an appointment:

Visit the [online calendar](#) or contact WellStarME at 207-620-9202.

OPTION 2:

Get a Flu Shot



You have a few options to receive your flu shot:

Flu Clinic:

To view the schedule, visit the [Office of Employee Health and Wellness](#) or contact WellStarME at 207-620-9202.

Pharmacy:

Contact your local pharmacy to see if they offer flu shots in store.

Your Provider:

Make an appointment with your provider for your flu shot.

OPTION 3:

Have a Dental or Vision Visit



Have you recently had a routine dental or vision exam or have one coming up? This can count towards My Health.

To learn more:

Vision:

Anthem Blue View Vision
1-866-723-0515

Dental:

Northeast Delta Dental
1-800-832-5700

Visit the [Office of Employee Health and Wellness](#) or contact WellStarME at 207-620-9202.

OPTION 4:

Get Your Numbers from Your Primary Care Provider



You can get your numbers from your health care provider. **A copay or deductible may apply.**

Be sure to have your provider measure your:

- Blood Pressure
- Height
- Weight
- Body Mass Index (BMI)
- Hemoglobin A1C **OR** Fasting Blood Glucose
- Total Cholesterol
- HDL Cholesterol

OPTION 5:

Get Your Numbers from an Independent Lab



You can get your numbers from an independent lab at **no-cost** to you.

Please note:

Your primary care provider must send a lab order to your preferred lab.

Not all labs will measure height, weight, or blood pressure. If the lab does not, you will need to obtain this information from your provider.

[Click here](#) to find an independent lab near you.

For questions, please contact:

WellStarME
wellstar@mcdph.org
207-620-9202