



"My Health" Options

A quick guide on how you can fulfill the My Health section of the 2021 Health Credit Premium Program year



OPTION 1:

Health Navigation Appointment **NEW**



OPTION 2:

Get a Flu Shot



OPTION 3:

Get Your Numbers from Your Primary Care Provider



OPTION 4:

Get Your Numbers from a Free-Standing Lab



You now have the option to 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.

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.

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

You can get your numbers from a free-standing 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 a free-standing lab near you.

For questions, please contact:

WellStarME
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(207) 620-9202