



# SPRING TUNE UP

Like a vehicle,  
our bodies need  
**Preventive**  
Maintenance for  
**Optimal Performance.**

## WHAT IS SPRING TUNE UP?

Spring Tune Up is a four week preventive maintenance program reminding you to schedule and complete recommended early detection healthcare exams, screenings, and establish and/or maintain your healthcare team. The goal is to prevent or delay health conditions and their complications by investing in and maintaining your health.



## GETTING STARTED

1. Pick up your Participant Guide and Pledge & Activity Form from your **LIVESMART** Ambassador begin the campaign on April 19th. You can also complete this campaign in your **LIVESMART** portal.
2. Complete the pledge on the Commitment Form.
3. Participate in Weekly Activities. Each week, you will be asked to participate in a task that will guide you to live better and longer through health maintenance.
4. Submit a completed Pledge and Activity Form to your Ambassador or in your **LIVESMART** portal by May 21st to be entered into the prize drawing.

*This campaign is for educational purposes. Please consult with your health care provider for specific recommendations on your health plan.*

### *Four Keys* TO HEALTH MAINTENANCE

- **Get Informed and Connect with your Healthcare Team**
- **Create a Preventive Health Plan**
- **Assess your Personal Health Readiness & Health Risks**
- **Take Action to Feel Better and Live Longer**

# SPRING TUNE UP STEPS FOR SUCCESS

## WEEK 1: GET INFORMED & CONNECT WITH YOUR HEALTHCARE TEAM

### GOAL FOR WEEK ONE:

- Know your definitions. Check each box below after reviewing the definition.
- Complete Week 1 table below.

- Preventive Health** Routine healthcare that includes screenings, medical exams, and counseling to prevent illnesses, disease, or other health problems.
- Primary Health Care Provider** A trusted medical care provider, usually a physician or nurse practitioner, who sees patients for common medical issues.
- Preventive/Wellness Office Visit** An annual appointment with a primary healthcare provider intended to prevent illnesses and detect health concerns before symptoms are noticeable.
- Well Woman Visit** For adult women, an annual visit with an OB/GYN physician who specializes in a review of reproductive health. The exam may include a breast examination, pelvic examination and Pap smear, as well as other procedures.
- Immunization** A process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine.
- Early Detection Screening** The use of blood work, examination, imaging (mammogram) or procedures (colonoscopy) to identify individuals who have disease, but do not yet have symptoms.
- Medication** A prescribed substance that is used to treat or cure a disease or condition.

	NAME	FACILITY	PHONE	LOCATION	ONLINE PORTAL OR APP
Primary Health Care Provider					
Pharmacist					
OB/GYN <small>if applicable</small>					
Dentist					
Optometrist					

*This guide is to be kept for personal use and not to be submitted to LIVESMART.*

# WEEK 2: CREATE A PREVENTIVE HEALTH PLAN

## GOAL FOR WEEK TWO:

- Understand the importance of preventive health by reviewing the health statistics below.
- Complete the Preventative Health Plan in the table below.

## DID YOU KNOW? EARLY DETECTION IS CRITICAL



women will develop breast cancer in their lifetime



ONI health plan members do not complete their mammograms on time



adults will develop colon cancer in their lifetime



ONI health plan members do not complete their colonoscopies on time



individuals will develop high blood pressure in their lifetime



adult obesity rate in the United States



adults will develop diabetes in their lifetime

ACTIVITY	WHEN IS IT DUE?	DATE OF ACTIVITY	SCHEDULED (YES/NO)	STATUS		
				COMPLETE = ✓	TO DO = TD	NOT APPLICABLE = NA
PREVENTIVE WELLNESS VISIT	Annually					
DENTAL VISIT	Annual Exam Twice Annual Cleaning					
EYE EXAM	Every 1-3 Years					
OB/GYN VISIT	Annually for women					
MAMMOGRAM	Baseline 35-39 Annually 40+					
COLONOSCOPY	Annually Age 50+*					

\*other screening for colon health is available through the health plan.

## HEALTH BENEFIT RESOURCES



### MEDICAL BENEFITS:

This includes preventive screening and vaccinations. List of all preventive services covered by the ONI health plan.

Blue Cross Blue Shield of Alabama  
888-578-4075 | [www.bcbsal.org](http://www.bcbsal.org)



### VISION BENEFITS:

Eye Med  
866-800-5457 | [www.eyemed.com](http://www.eyemed.com)



### DENTAL BENEFITS:

Delta Dental  
800-521-2651 | [www.deltadentalins.com](http://www.deltadentalins.com)



### EMPLOYEE ASSISTANCE PROGRAM:

Behavioral Health Systems | 800-245-1150  
[www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com)



### PHARMACY BENEFITS:

Prime Therapeutics | 888-578-4075  
[www.bcbsal.org](http://www.bcbsal.org)

Alliance Rx (Specialty Rx) | 877-627-6337  
[www.alliancerxwp.com](http://www.alliancerxwp.com)

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Need help staying on track? Contact your LIVESMART Health Coach: [connect@livesmartoni.com](mailto:connect@livesmartoni.com) | [www.livesmartoni.com](http://www.livesmartoni.com) | 888-501-1252

# WEEK 3: ASSESS YOUR PERSONAL HEALTH READINESS & HEALTH RISKS

## GOAL FOR WEEK THREE:

- Answer the questions below.
- Complete the Vaccines Recommended for Adults table below.

Do you have your medical and health care contact information easily accessible?  Yes  No

Do you have quick access to a list of medications and over the counter supplements that you take?  Yes  No

Do you have a first aid kit at home?  Yes  No

Have you completed your initial LIVESMART Health Screening and Coaching Session?  Yes  No

Have you completed your Personal Health Assessment in the LIVESMART portal this year?  Yes  No

Have you completed your vaccines for 2021? Vaccines help to prevent illness and have been very helpful in eliminating disease. The information in the table below is a general recommendation to be discussed with your primary health care provider.

	DETAILS	FREQUENCY	STATUS/DATE
<b>Flu Vaccine</b>	The seasonal flu vaccine protects against the most common influenza viruses expected to present each year.	Annually	✓ ★ NA
<b>Tdap Vaccine</b> (Tetanus, Diphtheria, & Pertussis)	Tdap is a combination vaccine that protects against three potentially life-threatening bacterial diseases.	One Time	
<b>Td Booster</b> (Tetanus & Diphtheria)	It's a booster for the Tdap vaccine for continued protection.	Every 10 years	
<b>Pneumococcal</b>	All adults 65 years-or-older should receive at least one dose to protect against pneumonia.	At least once	
<b>Shingles (Zoster)</b>	Adults 50 and older, including adults who have had shingles or received the previous shingles vaccine (Zostavax). Two doses, 2 to 6 months apart.	Two doses	
<b>COVID-19 Vaccine</b>	All adults as it becomes available. The vaccine teaches our immune system how to recognize and fight the virus that causes COVID-19.	2021 One or two shots	

COMPLETE = ✓ WILL SCHEDULE = ★ NOT APPLICABLE = NA

# WEEK 4: TAKE ACTION TO FEEL BETTER AND LIVE LONGER

## GOAL FOR WEEK FOUR:

- Check off the topics below you want to discuss with your healthcare provider.
- Explore the Health Benefits Resources on page three.

Living well is not just about exams and screenings, it is about what you do in between.



**ALCOHOL USE**

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**EMOTIONAL SCREENING**

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**RISKY BEHAVIORS**

(Seatbelt use, sexual activity, substance abuse, etc.)

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**TOBACCO USE & CESSATION COUNSELING**

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**NUTRITION & DIET CONSULTING**

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**FAMILY HISTORY**

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Please visit [www.livesmartoni.com](http://www.livesmartoni.com) for additional resources.

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# PLEDGE & ACTIVITY FORM

Please complete the LIVESMART Spring Tune up Pledge and Activity Form and return to your Ambassador by May 21st to be entered into the prize drawing. This campaign can also be completed on the LIVESMART Portal online.

## You are the *Most Important Member* of your Health Care Team

### Take the Spring Tune Up PLEDGE:

I choose to invest in my personal health through establishing an ongoing relationship with a primary healthcare provider and healthcare team and completing recommended preventive health maintenance, healthcare examinations, health screenings, early detection screenings, vaccines, counseling, and living a healthy lifestyle.

Signature: \_\_\_\_\_

### Check off the activities you compete each week (minimum of one each week).

#### WEEK 1

- I have reviewed the definitions applicable to Preventive Health and Screening
- I have listed out my health care providers and contact information

#### WEEK 2

- I reviewed preventive health statistics
- I completed my preventive health plan to include documenting recent exams or screenings or scheduling them

#### WEEK 3

- I answered the personal health readiness questions
- I completed the vaccine checklist

#### WEEK 4

- I determined the topics that I wanted to discuss with my healthcare provider
- I reviewed my health plan benefits

As a result of participating in the Spring Tune Up campaign I have (or will) completed the following two activities:

1. \_\_\_\_\_ 2. \_\_\_\_\_

NAME: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

EMPLOYEE

COMPANY: \_\_\_\_\_ LOCATION: \_\_\_\_\_

SPOUSE