

CareHere!

AHA INCENTIVE PROGRAM

JANUARY 1, 2020 - SEPTEMBER 30, 2020

AHA INCENTIVE

All City of Montgomery employees enrolled on the City's insurance plan are eligible to participate in the incentive program. There are **two ways** to complete your AHA:

1. Complete the steps through CareHere Health Center. No co-pay.
2. Complete the AHA process with your private physician

INCENTIVE REQUIREMENTS

STEP 1

AHA blood draw and Vitals/biometrics must be completed on the date of the blood draw (include: BP, height, weight, waist circumference).

STEP 2

Medical Provider Review - Review results with a medical provider

- Medical provider lab review must be complete within 90 days of step 1 - blood draw.

Both steps must be completed between **January 1, 2020 - September 30, 2020**.

2020 Private Physician Form - If you are not going to use CareHere to complete your AHA you must obtain a new 2020 private physician form. Please contact your payroll clerk, Risk Management/Benefits Division, or download the form online at www.montgomeryal.gov. Starting **January 1, 2020**, the old forms will not be accepted. Contact Angela Berry 334.625.2510 or Faye Gamble 334.625.2692 for any questions.

PLEASE FAST FOR 10 HOURS PRIOR TO YOUR BLOOD DRAW.

What is a AHA?

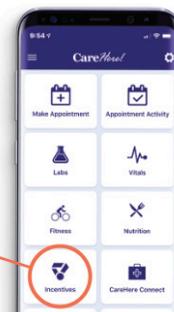
AHA stands for Annual Health Assessment. The CareHere Annual Health Assessment is a proprietary, unique and valuable offering. This offering provides a current evaluation of your overall health through a 28-panel blood draw, vitals and health and behavior questionnaire.

Why do I need a AHA?

Your AHA will help identify high cholesterol, diabetes, liver functions, and much more. Completing your AHA with CareHere is recommended as the first step you should take on the path of wellness and preventive healthcare. The AHA will give your provider the opportunity to discuss a wellness plan of action that may include referring you to a CareHere wellness program or to one of the CareHere Health Coaches available to work with you personally and confidentially.

How to Check Your Compliance Status using the CareHere App

- You can also check on the new CareHere App. Just log in and click the **Incentives** button.



SCHEDULE ANYWHERE

877.423.1330 | CareHere.com | [CareHere App](#)