



practice wellness

Healthy People. Healthy Practice.

Practice Wellness Check Up

Practice: _____

Date: _____

Practice Size: _____

WELL BEING/PREVENTION

	<i>Eligible Population</i>	<i>Practice</i>	<i>%</i>	<i>Goal</i>
# Compliant with Health Assessments	_____	_____	_____	_____
# Compliant with Annual Exams	_____	_____	_____	_____
# Compliant with Mammograms	_____	_____	_____	_____
# Compliant with Cervical Cancer Screening	_____	_____	_____	_____
# Compliant with PSAs	_____	_____	_____	_____
# Compliant with Colorectal Screenings	_____	_____	_____	_____

WELLNESS ENGAGEMENT

	<i>Practice</i>	<i>Goal</i>
Tobacco Cessation Engagement	_____	_____
Nutrition Consults	_____	_____
Eat Smart, Move More, Weigh Less Participation	_____	_____

MODIFIABLE DISEASE/CONDITION PREVALENCE

Date Range _____

	<i>PEPM*</i>	<i>Practices of = Size PEPM</i>	<i>Entire Plan PEPM</i>
Diabetes Prevalence	_____	_____	_____
Hyperlipidemia Prevalence	_____	_____	_____
Migraine Prevalence	_____	_____	_____
Hypertension Prevalence	_____	_____	_____
Obesity Prevalence	_____	_____	_____
Total	_____	_____	_____

PHARMACEUTICAL COSTS

	<i>PEPM*</i>	<i>NCMS Plan PEPM</i>
Generic Drug Substitution Rate	_____	_____
Total Claims (Total/Unique)	_____	
Brand Name Drug Costs	_____	
Generic Drug Cost	_____	
Savings	_____	
Mail Order Utilization Rate	_____	_____
Total Claims (Total/Unique)	_____	
Current Total Cost	_____	
Estimated Mail Costs	_____	
Estimated Savings	_____	

*PEPM: amount paid to providers by the NCMS Plan per employee per month

MEDICATION IMPROVEMENT OPPORTUNITY

ENGAGEMENT OPPORTUNITIES

€ Eat Smart, Move More, Weigh Less	€ Wellness Activities (Healthy Outcomes) <ul style="list-style-type: none">○ Healthy Living Conversations○ Monthly Seminars○ Virtual Coaching
€ Tobacco Cessation/Policy	€ Online Healthy Living Programs
€ Dietitian Network	€ NCMS Plan Webinars
€ Biometric Screenings	€ Incentive Strategy
€ Benefit Education Session	€ Other

ACTION PLAN

NEXT SUGGESTED FOLLOW UP DATE: _____