

Chapter 17

Wellness Programs

South Country Health Alliance (SCHA) Be Fit!™ wellness programs offer resources and services beyond covered medical benefits. These programs include:

- **Be Buckled™ Car Seat Distribution & Education**
Children ages 8 (i.e. 7 yrs 12 months) and younger are eligible for one car seat per lifetime. Booster seats or convertible seats, in conjunction with child passenger safety education, are provided by county staff who are trained Child Passenger Safety Technicians.
- **Prenatal Care Promotion**
Pregnant SCHA members receive an informational book, *Embracing Life*, about prenatal care and related SCHA programs, benefits, and services.
- **Childbirth & Pregnancy Education Classes**
SCHA covers the full cost of childbirth and pregnancy education classes at hospitals, clinics, and through Community Education. Members should contact their local hospital, clinic, or Community Education program for class availability.
- **Be Fit™ Exercise Reward Program**
SCHA members ages 18 years and older can receive up to a \$20 credit toward their health club dues for exercising at least 8 days per month. Members should contact SCHA Member Services or check our website to find participating health clubs in their community.
- **Community Education Scholarship**
SCHA pays for up to \$15 of the registration fee for most Community Education classes, up to 5 classes per registration session. Members should contact their local Community Education program in their school district for class and registration information.
- **Early Childhood Family Education (ECFE) Scholarship**
ECFE classes that include a parent/child component in the classroom are free of charge to members. SCHA will also cover up to \$10 of the costs for ECFE “special events” per member participating. Members should contact their local ECFE program (school district) for class and registration information.

Reward Programs

Vouchers for the following reward programs are available by calling SCHA Member Services (1-866-567-7242), on the SCHA website (www.mnscha.org), and at each County Public Health Department:

- **First trimester prenatal visit**
Reward for completing a first trimester prenatal care visit at a medical clinic. New members who are pregnant but beyond the first trimester can receive a gift card for completing a prenatal visit within 60 days of enrolling with SCHA.
- **Six-week postpartum visit**
Reward for completing a 6 week postpartum care visit at a medical clinic.
- **Lead tests (at age 1 and age 2)**
\$25 gift card for completing a lead test between 9-18 months of age.
\$25 gift card for completing a lead test between 19-30 months of age.
- **Infant well-care checkups**
\$25 gift card for completing at least 6 well-care visits by 15 months of age.
- **Adolescent well-care checkups (ages 11-18 years)**
\$25 gift card and the chance to win a Nintendo Wii console and Wii Fit game for completing an annual well-care visit
- **Immunizations**
\$25 gift card for being up to date on immunizations by 2 years of age.
- \$25 gift card for being up to date on immunizations by 12 years of age
- **Chlamydia test (females ages 18-24 years)**
Chance to win an iPod Nano and iTunes gift card
- **Mammograms**
Reward for women age 40 years and older who complete an annual mammogram. Members younger than 40 are also eligible if the mammogram is recommended by a healthcare provider.

Disease Management

Disease Management is improving quality of life for individuals with common chronic disease conditions and reducing healthcare costs by preventing or minimizing the effects of a disease through integrative care.

SCHA currently has four (4) Disease Management programs:

- Heart Failure
- Diabetes
- Asthma
- Postpartum Depression

We obtain our members names through referrals:

- Self/family
- County staff
- SCHA staff
- Medical or other providers
- Claims based on diagnosis, hospitalizations and ER visits

If one of our SCHA members is identified for one of our programs, they are automatically enrolled in the Disease Management program.

Disease Management does not take the place of existing medical providers or educators, but assesses the member's knowledge of their health and supports the established plan of care.

Our goal is to work together for the optimum health of our members.

To make a referral to the Disease Management Program, call 1-866-722-7770 and ask for Disease Management.

Tobacco Cessation

Members may utilize the Mayo Clinic Tobacco Quitline at 1-800-504-3451 (toll free)

24 Hour Nurse Helpline

Members may utilize the Ask Mayo Clinic® 24-Hour Nurse Helpline at 1-800-504-3451 toll free

For questions regarding SCHA wellness and disease management programs, please contact SCHA's Member Services toll-free at 1-866-567-7242