

# THE LOCAL PULSE

## A KEY TO YOUR HEALTH AND WELLNESS

DAVID HILYER, CEO

In 2009, the Local Government Health Insurance Plan (Plan) was one of the first health plans in the country to begin a wellness program. This program was designed to be an additional offering to the benefits package provided by the Plan. In addition, the program is intended to assist our members in identifying if they are in the “at-risk” category for certain conditions.

I am a good example of the benefit of our wellness program. I have received a wellness screening each year since 2013. Several years ago, my screening showed that my cholesterol levels had skyrocketed, and I was identified as being in the “at-risk” category. As a result of the screening, my doctor and I are now monitoring my cholesterol much more closely.

The Plan’s wellness screening program has a fantastic participation rate, averaging around 85-88% each year. More importantly, our members who have been identified as being at-risk have improved those conditions. From the 2021 to 2022 screening period, over 60% of members who have been identified as at-risk for blood pressure or cholesterol, and over 50% for glucose, have moved to the not-at-risk category. The wellness program plays a large role in our mission of providing innovative approaches to improving the health and well-being of our members.

Thank you for the privilege to serve your unit and employees!

### Percentage of Members Moving from At-Risk to Not At-Risk

2021 to 2022 Wellness Screening Period

Measure	Percent Moved to Not-At-Risk
Blood Pressure(Diastolic)	65.20%
Blood Pressure(Systolic)	63.20%
Cholesterol	64.46%
Glucose	52.19%

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## HINGE HEALTH EXERCISE PROGRAM NOW AVAILABLE

Hinge Health is now available for members, their covered spouses, and covered dependents aged 18+! This free online program provides a personalized program developed by physical therapists, dedicated 1-on-1 support, and convenient exercise sessions to help relieve joint and muscle pain.

### A personalized program

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.



### Dedicated 1-on-1 support

Partner with a care team that includes a qualified health coach and physical therapist. Connect via text, email, phone call, or video chat to ask questions, set goals, and more.

### Convenient exercise sessions

With the Hinge Health app, you can do your exercise therapy anytime, anywhere. Plus, your exercises are designed so they can be done in about 15 minutes or less.

#### How to Register:

##### 1. Apply

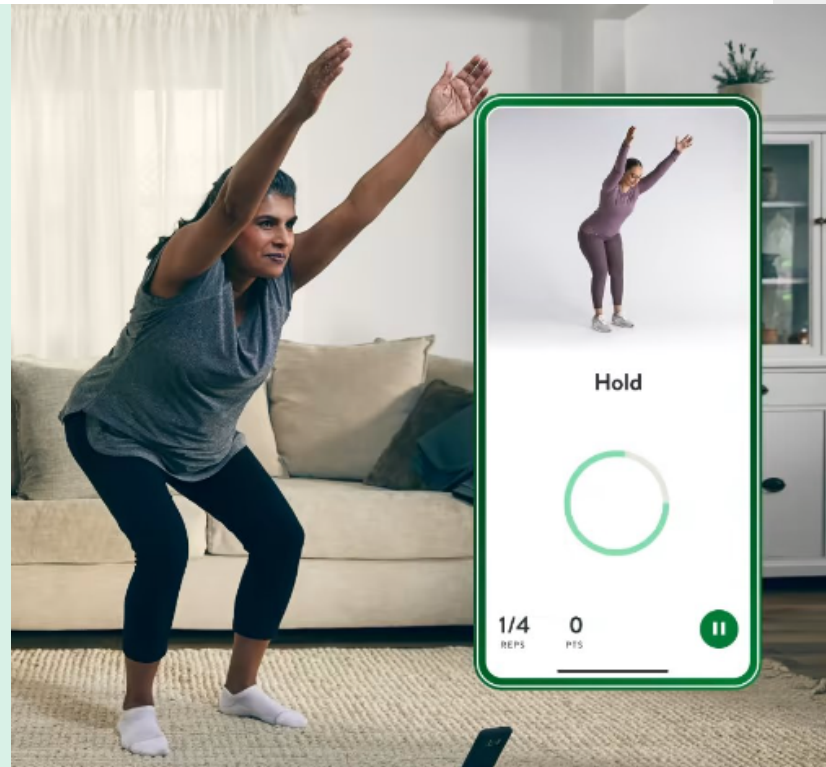
- Visit [hinge.health/lghip-enroll](https://hinge.health/lghip-enroll) to apply.
- Complete the questionnaire.
- Expect a follow up email within 24-48 hours.

##### 2. Program Acceptance

- Receive welcome message from your care team.
- If you need items with your treatment plan, you will receive them within a few business days.

##### 3. Begin Program

- Login to the app and begin the Hinge Health program.
- Set up an initial call with a member of your care team.



Scan here to register!

Clinical studies show that Hinge Health helps members relieve their back and joint pain, improve their mental wellbeing, and avoid surgery.

# 68%

decrease in  
pain

# 400k

Hinge Health  
members

# 4.9

average  
app rating



## BE "AUDIT" YOU CAN BE

Did you know that all of our units are **periodically audited**? The purpose of this audit is to ensure that all participants enrolled in the Plan are eligible employees of the unit, saving both your unit and the Plan money. Our team will notify units of their scheduled audit date and the documentation needed to complete the audit.

To ensure this process is quick and painless, it's important to utilize your unit's [my.lghip.org](http://my.lghip.org) account. By logging into the account, you can quickly and easily enroll or decline employees, cancel employee contracts, and review your monthly bills. This will help you stay on top of your enrolled employees and ensure that your billing is correct and accurate.

If you have additional questions regarding the auditing process, review the **Administrative Procedures Guide** on [www.lghip.org](http://www.lghip.org) or contact us at 334-851-6802.

## MEDICARE RETIREES-SPRING INTO ACTION WITH UNITEDHEALTHCARE

**Renew Active** is the gold standard in Medicare fitness programs for the body and mind, at no additional cost to you! This program provides you the chance to stay both physically and mentally fit with access to our nationwide network of gyms and fitness locations.

Renew Active provides:

- Free gym membership
- A personalized fitness plan
- Access to on-demand workout videos and live streaming fitness classes
- Social activities at local health and wellness classes and events
- An online brain health program exclusively from AARP Staying Sharp
- Ability to connect with others at local health and wellness events
- Access to an online Fitbit community (Fitbit device not required)

**Let's Move** by UnitedHealthcare is the newest wellness program designed specifically for our Group Medicare

Advantage members. It provides a seamless, strategic approach that complements existing wellness programs and resources. Let's Move is here to help our members keep their minds, bodies, and social lives active.

Let's Move includes:

- **Let's eat well:** Treat yourself to tasty recipes, fun cooking events and support.
- **Let's get fit:** Get free access to at-home workouts, participating gyms and local fitness events through your fitness benefit.
- **Let's beat the blues:** Take time to care for your mental health with support services and online tools and resources.
- **Let's make friends:** Find ways to connect through local and online events, classes, volunteering and more.

Members must be enrolled in the Medicare Advantage program with UnitedHealthcare to participate in Renew Active or Let's Move.



Scan here or visit  
[www.uhcrenewactive.com](http://www.uhcrenewactive.com)  
to learn more!

## HOW SIMPLE INGREDIENT SWAPS CAN IMPROVE YOUR HEALTH

Every day, Virta Health members are naturally losing weight, reducing blood sugar, and dropping medications by making small, but powerful, meal changes. Virta's clinical approach helps members with Type 2 diabetes remix their go-to meals with a better balance of carbs, fats, and proteins for their body's unique needs.

These meal swaps represent some of the ways members have decreased carb intake to unlock weight loss and naturally manage blood sugar:

- Spaghetti with meatballs → Steak with Brussels sprouts
- Lobster roll → Baked salmon with hollandaise sauce and a side salad
- Strawberry cheesecake → Berries with heavy cream

Want to know what your meals could look like with Virta?  
Schedule a consultation and get your questions answered!



[virtahealth.com/  
join/lghip](https://virtahealth.com/join/lghip)



### Ribeye Steak & Sautéed Brussel Sprouts

#### Ingredients:

- 1 beef Ribeye Steak Boneless, cut 1 inch thick (12-14 ounces)
- 3/4 pound Brussels sprouts, quartered
- 1 teaspoon olive oil
- 1/2 teaspoon pepper, divided
- 2 teaspoons chopped fresh parsley
- 3/4 teaspoon adobo all-purpose seasoning
- 1/4 cup shredded Asiago cheese
- 1 tablespoon fresh lemon juice

#### Directions:

1. Toss Brussels sprouts with oil and 1/4 teaspoon pepper; set aside. Combine parsley, adobo seasoning, and remaining 1/4 teaspoon pepper; press evenly onto beef Steak.
2. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; place Brussels sprouts around steak. Cook steak 14 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning steak and stirring sprouts occasionally. Remove steak from skillet; keep warm.
3. Cover skillet and continue cooking sprouts 3 to 5 minutes or until crisp-tender. Add cheese and lemon juice to skillet; toss to coat. Season with salt, as desired. Carve steak into slices; serve with Brussels sprouts.



Virta is available to subscribers and spouses between the ages of 18 and 79 who are enrolled in the LGHIP. This benefit is currently being offered to those with type 2 diabetes. There are some serious medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

The information provided by Virta and/or the LGHIB as part of the Virta materials and through the service, is for general informational purposes only. None of the Virta or LGHIB materials should be considered medical advice or an endorsement, representation or warranty that any particular medication or treatment is safe, appropriate, or effective for you.

Always consult with a physician or other healthcare professional before starting any diet, exercise or weight loss program.



## WORKING ON WELLNESS: ANNUAL WELLNESS SCREENING DEADLINE

The annual wellness screening is an added benefit to plan members that is provided free of cost. Like our CEO David Hilyer mentioned in his article, this benefit is meant to help members identify potential health concerns and provide them with the resources they need to improve these conditions. In just one year, nearly 65% of those identified at-risk in the cholesterol category were moved to not-at-risk!

In 2024, the **new wellness screening deadline is July 31**. As one of the criteria to maintain the preferred premium, units must achieve 80% participation in their annual wellness screening. Please review the Administrative Procedures Guide for the full list of preferred premium criteria.

### How to get a wellness screening:

- On-Site/Workplace
- Pharmacy or Health Department
  - May require an appointment
- Primary Care Provider
  - Copays may apply
  - Must complete Provider Screening Form
- State Wellness Center in Montgomery

### What's included in the wellness screening:

- Blood pressure
- Body mass index
- Glucose check
- Comprehensive lipid profile (cholesterol)



To schedule your unit's screening, please contact our Wellness team at 334-851-6802, option 4.

## PREFERRED RATES AND RETIREE COVERAGE EXPLAINED

Our team has recently received questions regarding retiree coverage and the preferred premium rate.

If a unit offers retiree coverage, 5% or more of the unit's total enrollment must be retirees **OR** the unit must certify that all employees eligible for retiree coverage were offered coverage upon retirement.

Each unit will receive the retiree's premiums on their monthly invoice and will determine how much the retiree will pay toward their premium and how much the unit will pay. Whether your unit decides to pay the premiums, or pass them along to your retiree, offering retiree coverage is an excellent addition to your already robust benefits package.

If you're interested in offering this additional benefit, your unit can make the change to offering retiree coverage during Open Enrollment in November.



## LET'S EAT!

The Local Gov team wants to have lunch with you!

Our Lunch and Learn series is now in its second year and we are steadily making our way around the state. This series was created to bring important updates and information directly to our units from CEO David Hilyer, COO Rob Robison, and other members of our team.

Each event is sponsored by one or more of our benefit partners: Blue Cross and Blue Shield of Alabama, OptumRx, UnitedHealthcare, or Southland Benefits Solutions.

**Watch your email for future Lunch and Learn dates** so you can join us and other local units. If your unit has a location with adequate space and parking for up to 40 people, please let our team to know so we can visit all corners of our state!

Contact us if your unit has a location for future Lunch and Learn events!

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