

## FCHN Healthy Habits

Activity	Credits (7 Required)	Signature	Date Completed	Comments:
Yearly Physical	2	Provider:		<b>Tip: Schedule at beginning of year:</b>  Remember: you will not pay a co-pay for preventative screenings as part of Harvard Pilgrim. Includes: Yearly Physical, Mammogram, Pap, PSA, DRE, Colorectal Screening
Mammogram	3	Provider:		Recommended: Age 40+, every 1-2 years. Discuss with your provider
Pelvic Exam/Pap Clinical breast exam	3	Provider:		Recommended: Depending on your age, every 1-2 years, Discuss with your provider
Prostate Specific Antigen and/or Digital Rectal Exam	3	Provider:		Recommended: Discuss with your provider if this test is right for you.
Colorectal Screening	3	Provider:		Recommended: Age 50+, discuss with your provider
WebScore (mandatory)	1	n/a		Visit the FCHN Intranet home page to access Webscore
Health Coaching w/ RN Counselor	1 per encounter (Max of 3)	Nurse Signature:		Schedule your appointment with Human Resources at 779-2130
Healthy Lifestyle Internet Learning Video	1	n/a		Visit <a href="http://www.fchn.org">www.fchn.org</a> . You can find the video..... 1. 2. 3. 4. 5.
Tobacco Cessation Program	1	Program Signature:		If you are ready to quit call Maine Tobacco HelpLine at 1-800-207-1230
Formal Weight Loss Program	1 (Max 1)	Program Signature:		Examples: WOW, Weight Watchers
Community Based Physical Activity	2	Program Signature:		Examples: 5k, Trek Across Maine, Dempsey Challenge, Wilton BB Festival, you local town's run/charity walk/recreational club
Attend Prescriptions for Health	1 (Max 1)	Program Signature:		Offered several times through-out the year
Flu Shot	1	Nurse Signature:		Flu shots are given to employees free of charge in the Fall.  Watch for opportunities.
Dental Cleaning/Visit	1(Max 1)	Provider Signature:		Recommended: Cleaning every 6 months. Visit your dentist at least yearly.
Eye Exam	1 (Max 1)	Provider Signature:		Recommended: Depending on your age and other risk factors (diabetes, glaucoma), every 1-5 years.
Total Credits=		HR Signature		Eligible for Wellness Incentive 2012  YES                      NO