



**WATERFRONT
WELLNESS:
REFLECTING
YOUR
FUTURE**



“Our goal is to reduce costs for everyone, encourage healthy lifestyles, seek preventive care, and to promote health and wellness through prevention and intervention.”

Lise Altman
Chief Human Resources Officer





WELLNESS NURSE PRACTITIONER

- Serves as the patient/employee advocate and health system navigator for those employees who elect to participate in the Wellness Program and are identified with high risk/chronic health issues through the Health Risk Assessments (HRAs) and annual wellness evaluations
- Works with these patients to identify medium to long range goals for health improvement (exercise, weight loss, etc.)
- Performs annual wellness evaluations
- Coordinates goals with patient's primary care physician or specialist, as needed
- Provides intensive follow-up thereby increasing the rate of patient compliance and success
- Provides patient guidance for the most efficient and best quality care
- Tracks, measures and reports outcomes to identify further improvements
- Provides fitness training and nutritional counseling

DISEASE MANAGEMENT PROGRAMS THROUGH ST. JOSEPH'S/CANDLER

- Asthma Management
- Diabetes Management
- Hypertension
- Comprehensive Weight Management
- Cardiac Rehab
- Hyperlipidemia
- Tobacco Cessation

GENERIC RX ONSITE CLINIC

- On-site dispensing coordinated by St. Joseph's/Candler
- Most commonly used prescriptions determined by Nurse Practitioner
- 90 days' supply of maintenance medications
- Increased patient convenience and adherence
- No cost to employees and spouses for generic Rx
- Reduced medical costs and generic prescriptions replace many expensive brands
- Faster access to the Rx



FREE & CONFIDENTIAL SCREENINGS

- Triglycerides
- HDL (good) Cholesterol
- HbA1c
- Blood Pressure
- Height, Weight, Body Mass Index
- Total Cholesterol
- LDL (bad) Cholesterol
- PSA
- CBC
- CMP

WELLNESS BENEFITS

- Wellness Program Coordinator
- Yoga
- Circuit Training
- Zumba
- Step Aerobics
- Bosu
- High-Intensity Interval Training
- Core & More
- On-site Fitness Centers
- Fitness Instruction
- Health and Wellness Seminars at St. Joseph's/Candler
- Mobile Mammography Unit through St. Joseph's/Candler
- EAP program to include mental health and stress-related issues
- On-site Health & Wellness Lunch & Learns
- On-site Wellness Screenings
- On-site Tobacco Cessation
- Weightwatchers at Work
- Fitness Challenges
- Biggest Loser Challenge
- Smart Health Express Kiosks
- Race Event Support
- Annual Benefits Fair
- Skin Cancer Screenings
- Walking Trails

HEALTHGRAM

Free online access to your own portable health records. For more information, visit www.healthgram.com

- Monthly Wellness E-Magazines
- Flex Spending Account Access
- Health Library & Videos
- Healthy Recipes
- Ask the Wellness Coach
- Claims History
- Rx History
- View Plan Details
- Health Plan Information
- Deductibles / Out of Pocket Information





EMPLOYEE HEALTH SERVICES

MEDICAL SERVICES PROVIDED

Employee Health Services provides various medical services to all regular full-time employees. Some of these services are listed below. For more information, contact the Employee Health Services office.

- Consultations
- CPR & First Aid Training
- Blood Pressure Checks
- Mild Medical Ailments
- Emergency Care
- Wound Care and Dressing Changes
- Hearing Exams
- Nutritional Counseling
- Vision Screenings
- Minor Medical Injuries
- Minor Suture Removal
- Allergy & Flu Shots

Diagnostic screenings ordered by the Medical Director, Nurse Practitioner, or your doctor may include, but is not limited to:

- Blood Sugar Evaluation
- Thyroid
- Cholesterol
- Prostate Cancer Screening
- Hepatitis
- Kidney Function
- EKG
- Skin Cancer
- Hypertension

The Georgia Ports Authority's Medical Director is Dr. Rick Timms. He is available at Garden City Terminal on Tuesday and Thursday afternoons by appointment. Some of the free services available include removal of ingrown toenails and skin growth removal such as warts, moles, and pre-cancerous skin lesions.

ANNUAL PHYSICALS

All regular full-time employees are eligible for a physical examination every year. This benefit is provided at no cost to the employee when the physical is performed at Employee Health Services. The physical examination may include the following:

- Updating Your Health History
- Vision & Hearing Screenings
- Examination by Our Provider
- General Health Profile
- Blood Pressure Check
- Electrocardiogram
- Height & Weight
- Collection of Laboratory Data with Cholesterol & Cardiac Risk Factors

MEDICAL, DENTAL & VISION CARE

PREVENTIVE MEDICAL CARE TO INCLUDE:

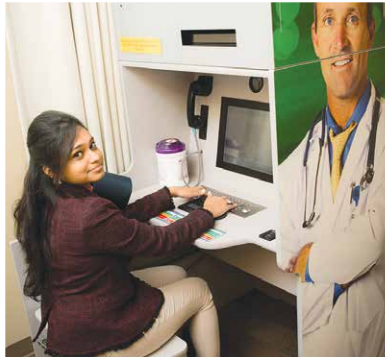
- Immunization
- Pap Smears
- Mammogram
- Urinalysis
- Hemocult Screening
- Prostate Screening
- Flexible Sigmoidoscopy
- Colo-rectal Screening / Colonoscopy
- Double-contrast Barium Enema (DCBE)
- Teeth Cleaning
- Bitewing X-rays
- Full Mouth X-ray
- Fluoride Treatment (Children)
- Topical Application of Sealant for Molars (Children)
- CT Colonography

VISION CARE PROGRAM THROUGH NVA/ NATIONAL VISION ADMINISTRATORS, L.L.C.

Georgia Ports Authority provides vision insurance for all employees on its medical plan. Employees not on GPA's medical plan can purchase vision insurance. Employees are able to purchase coverage for their dependents. There is an option for employees to buy additional coverage to the base plan at a higher premium. For more information, visit www.e-nva.com or call 1 (800) 672-7723. **Base Group#** 8506000001 **Enhanced Group#** 8506000201.








EHS TEAM



CONTACT US: BENEFITS@GAPORTS.COM

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Employee Health Services: 912.964.3870 912.966.7980 (fax)

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