



What is Peak Health?

Peak Health is CRC Group's premier nurse coaching program. This voluntary program helps you understand, adopt, and maintain a healthy lifestyle while also mitigating any health risks. As a participant, you will have direct access to a registered nurse (RN) who will collaborate with you to establish realistic, and attainable health goals. All information related to your personal program is kept confidential. Peak Health enrollment is available for benefit enrolled teammates who are covered under a CRC Group medical plan.

Upon enrollment, as you work with your RN toward your goals, you can advance through phases of the program. This will provide you an opportunity to earn medical credits that offset your total medical premium. <u>You can check out your potential</u> <u>savings here.</u>

How do I enroll and participate?

Enrolling in Peak Health involves the four steps outlined below, after which Peak Health will schedule your initial nurse appointment. These steps are designed to ensure that the nurse has adequate information to assess your modifiable health risks when you first meet. Once you have completed steps 1 through 4, you will receive an email from Peak Health regarding your first appointment. This will typically be scheduled within 30 days of your completed enrollment steps. **Note: If you complete up to Step 2, but do not complete Steps 3 or 4, you will receive reminder emails from Peak Health informing you of the additional enrollment steps which are incomplete.**



Step 1: Register for CarePlus Mobile Health (CPMH)

NOTE: If you have already registered for CPMH, you may continue to Step 2.

» Visit <u>CarePlusMobileHealth.com</u> or download the CarePlus Mobile Health app to your mobile phone. You may also use the QR code to access the registration page.



» Enter your legal first and last name as you use with your employer, the last four digits of your Social Security number (SSN), and your birth date, e.g. (05/23/1985).

First Name
Last Name
SSN (Last 4 Digits)
Date of Birth (mm/dd/yyyy)

- » Select Next.
- » CarePlus Mobile Health will provide you a username, but you can change it to another available username.
- » Enter a password and confirm it
- » Choose Next and you will be redirected to the login page
- » Sign in using your username and password

Step 2: Complete the Peak Health Program Acknowledgment

This one-time acknowledgment only needs to be completed once when enrolling in Peak Health, and is an important step authorizing Peak Health to securely collect, store and access your health data for Peak Health. This data enables your nurse to be informed about your health metrics, history, and status during your coaching session.

- » Visit CarePlusMobileHealth.com through your browser or your CarePlus Mobile Health app.
- 1. Get to the Peak Health Dashboard from the home screen.
- » Scroll down to select Step 2 (complete the Program Acknowledgment) and select "Peak Health."





» Under the **Program Acknowledgment** section, review both the Company Release and Privacy Notice, then click the check boxes to acknowledge you have had the opportunity to review those documents.



Step 3: Complete your Lab Work

Download the lab order form

Your lab order form may have been emailed to you with your appointment reminder. If not, download your lab order form from the Peak Health Portal.

- » Find "Lab Forms"
- » Click on the appropriate link to download your LabCorp Form or find Alternate Lab Locations.



- » Click on the appropriate link to download your LabCorp Form or find Alternate Lab Locations.
- » Print the lab order form (at work or at home) and take it with you when you get your blood test.

Location options for getting lab work

- » LabCorp (no cost): Take your lab order form to LabCorp at least one week before your appointment. Results will be available on the Peak Health portal.
 - To find a location near you and schedule an appointment, go to labcorp.com or call 888-LABCORP. If a LabCorp location isn't nearby, email lab@peak-health.net to inquire about other options.
- » Healthcare Provider: You may choose to have your healthcare provider order the lab work instead of going to LabCorp.
 - To ensure labs meet Peak Health Nurse Coaching guidelines, give your provider the "HealthCare Provider Instructions Form" prior to their order of your labs. You can obtain this form either by contacting Peak Health (lab@peak-health.net) or by visiting the Peak Health Portal. Please forward bloodwork/lab results to Peak Health at least one week prior to your appointment. You may upload your provider's labs through the Peak Health Portal by clicking on "Upload Completed Form" under "HealthCare Provider Lab Form".

HealthCare Provider Lab Form

If you choose to have required labs completed with your healthcare provider, please download the HealthCare Provider Instructions form here.



Upload Healthcare Provider's lab results here. Peak Health will contact you if they do not meet program requirements. If opting to complete your lab work with an unauthorized provider, please upload your lab results to Peak Health at least one week prior to your nurse visit.

Upload Completed Form



Step 4: Complete your Health Assessment (HA)

The HA is a confidential personal health questionnaire designed to provide you and your Peak Health nurse with insight into your overall health.

Your responses help the nurse provide a more informed evaluation by understanding factors that can impact your overall well-being, such as your health history, goals and behaviors. The HA is a fundamental part of Peak Health, and its completion impacts your ability to receive a medical credit. Peak Health participants must complete an HA using their own CarePlus Mobile Health account.

If your spouse or domestic partner is covered under a CRC Group medical plan, then for you to earn the full medical credit for your Peak Health Phase, they also must complete the Health Assessment. This must be completed every year by the last day of the month of <u>your</u> first appointment of the year. For example, if your appointment is on March 16, your medically-covered spouse/domestic partner must compete the HA by March 31.

To complete the HA

- » Visit CarePlusMobileHealth.com through your browser or your CarePlus Mobile Health app
- » Select *Health Assessment* from the Home Page. Click "Let's go" on the Health Assessment overview screen, and then select the question groups shown on the next screen.



- » Enter the required information, being sure to get to each section and scroll through the entire page.
 Note: your submitted lab work results will be automatically uploaded to the HA, but if you do not know these numbers during completion, select Unknown.
- » Once each section has been completed and saved, your HA will be complete.
- » You will see an **Assessment Received** notification after you have submitted your HA. You will also receive immediate feedback and education on your health and health risks.
- » Note: Once the HA is completed, your Peak Health Nurse Coaching Dashboard may not immediately show this as completed. It could take up to two business days for your Peak Health portal dashboard to show the assessment as Complete.



Biometrics
*REQUIRED
What is your weight? *
pounds
What is your height? *
inches
What is your waist circumference? *
inches
OUnknown
What is your systolic blood pressure (high number)? *
mm Hg
O Unknown
What is your diastolic blood pressure (low number)? *
mm Hg

CRC Group cares about your well-being and is providing Peak Health as a key step in supporting your health journey.

If you have any questions about the Peak Health enrollment process, contact Peak Health at (888) 385-4583.

