

Dear Physician:

At Lexington Local Schools, we value the health and well-being of our employees. We provide a number of resources to promote wellness, including access to Anthem’s Wellness portal, an Employee Assistance Plan and other preventive benefits.

As a part of our *Wellness Initiative* program, we will be providing a financial incentive to our employees to have an annual wellness exam with their physician. As part of the preventive exam you perform today, please include, at a minimum, the tests listed below and provide your signature as verification of the testing, individual patient results are not required at this time. With these specific test results, we hope our employee will feel informed about their health, learn where results may be out of range and the steps they can take to improve results over time. Please support our efforts by communicating with your patient the results of these screenings, the importance of recommended preventive screenings (by age and gender) and steps to control individual risk factors.

- **Blood Pressure**
- **Lipid Profile (Total Cholesterol and HDL)**
- **Glucose Screening**
- **Body Mass Index (preferred)**
- **One-on-One brief consultation with a certified health professional**

Physician Signature

Employee Signature

Physician Name: PLEASE PRINT & DATE

Employee Name: PLEASE PRINT & DATE

Employee Anthem ID Number

An excellent school district working to be even better!

J. Michael Ziegelhofer – *Superintendent*
Jason Whitesel – *Treasurer*

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