

2026
City Of Brooklyn

WELLNESS PROGRAM GUIDE

Questions?

513-751-1288

Help@integratedhealth21.com

INTEGRATED HEALTH 21 | HealthWorks Central Division

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Welcome to the City of Brooklyn Wellness Program!

Program Dates: 10/01/2026-09/30/2027

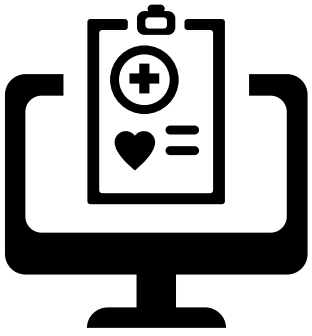
Program Details:
We've partnered with Integrated Health 21 to create a wellness program to help you feel motivated, earn an incentive, and improve your overall health.

Incentive:
Meet all 5 Biometric Health Goals to receive a $75/month Premium Discount.

Participate in Three Easy Steps:

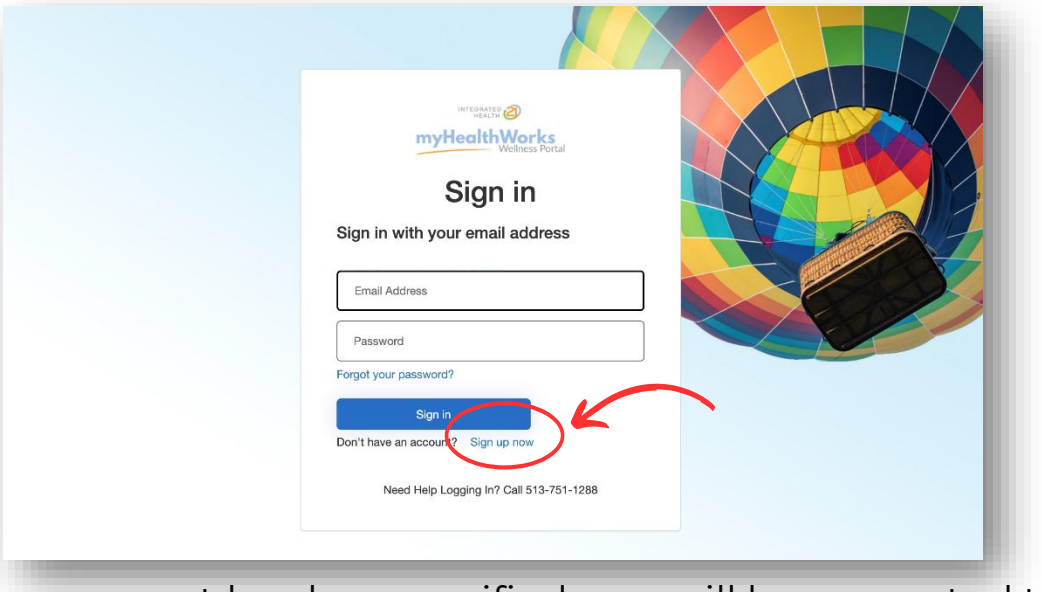
1. Make an appointment with your Primary Care Physician (PCP)
2. Log into the myHealthWorks wellness portal and download the PCP form to take with you to your appointment
3. Go to your appointment and return your completed form to HealthWorks for credit

Once your results are received and recorded in your personal portal, you will get an email from us alerting you they are ready to be viewed!

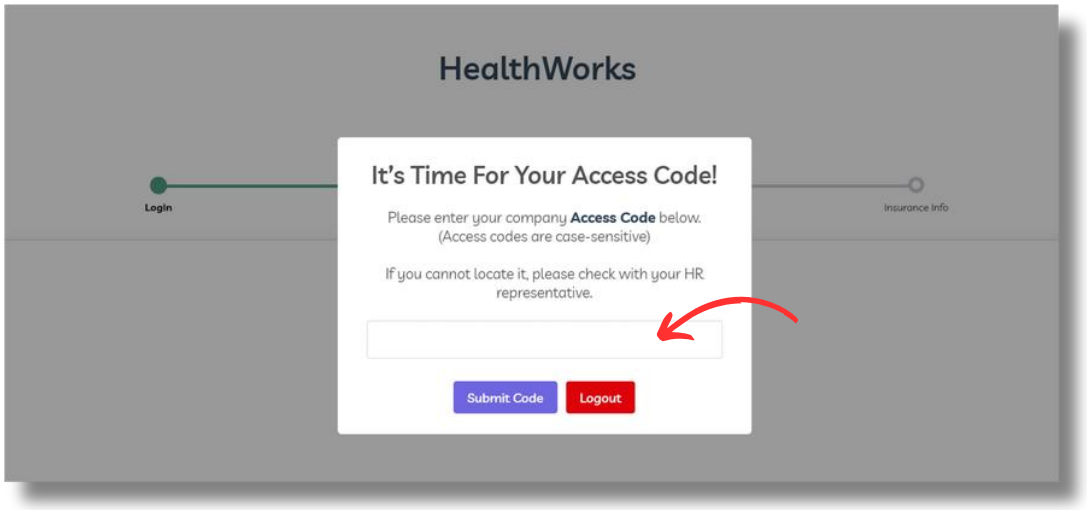


Wellness Portal How to Login

- Go to **www.myhealthworksportal.com**
- If you haven't already, click **'Sign up now'** & create an account
- *(Note: input your name as it appears on your insurance card)*
- A verification code will be sent to the email you provide



- After your account has been verified, you will be prompted to enter your company's **ACCESS CODE**: **RNXAP**



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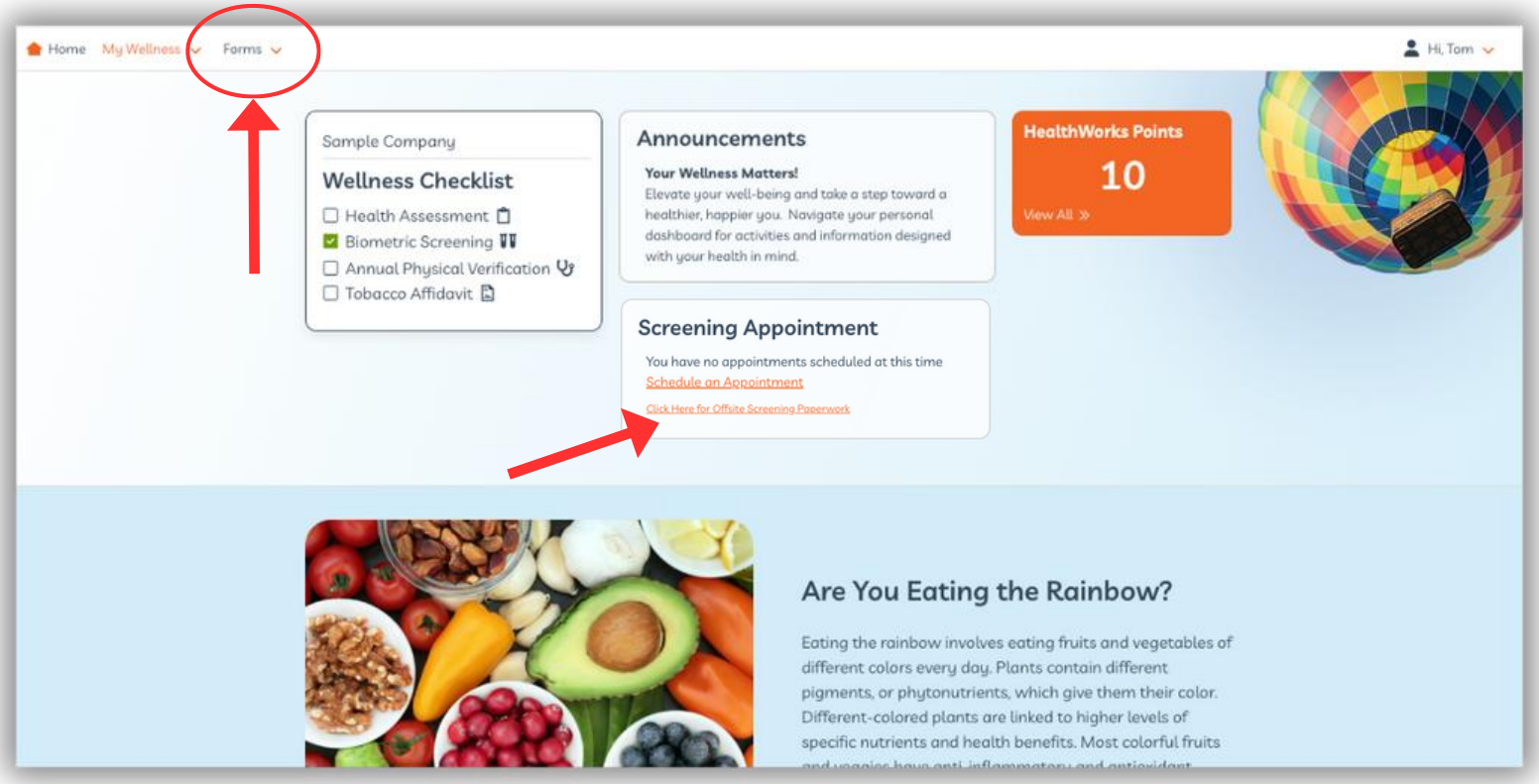
Guide to Offsite Screening Forms

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How to Download Offsite Forms:

- Go to **myHealthWorksportal.com** & Login
- Go to your personal dashboard
- Click the **Forms** link in the navigation bar (or the link in the Screening Appointment tile)
- Click **All Forms**
- Download and print the desired form to go to your doctor's office

Don't forget to take your form with you to your appointment!



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PCP Screening Forms

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PHYSICIAN SCREENING RESULTS and ANNUAL VERIFICATION FORM

Client Name

Forms for appointments between (date) - (date) will be accepted if submitted NO LATER THAN (date)

Section 1 : PERSONAL INFORMATION (completed by patient)

CHECK ONE BOX :

☐ My screening was done at my doctor's office, so my doctor must complete section 2 only.

☐ My screening was done at my worksite or a LabCorp location, so my doctor must complete section 3 only.

Full Name :

Date of Birth : ____ / ____ / ____ **Last 4 SSN :** **Gender :** ☐ Male ☐ Female

Home Address :

Phone Number : **E-Mail :**

☐ I am an employee ☐ I am a spouse of an employee (employee name):

INFORMATION CONSENT

I, _____(patient name), grant permission to Dr._____ (physician name) to share my lab results, blood pressure, height, weight, and waist circumference measurements with HealthWorks. I understand that my information will not be shared directly with my employer and that HealthWorks adheres to all HIPAA regulations.

Patient Signature: **Date:**

Section 2 : PATIENT RESULTS (physician screenings - completed by physician)

Fasting : ☐ Yes ☐ No

Pregnant : ☐ Yes ☐ No

Diabetic : ☐ Yes ☐ No

Tobacco User : ☐ Yes ☐ No

Glucose :

Total Cholesterol :

Triglycerides :

HDL :

LDL :

A1-C :

Blood Pressure : Systolic / Diastolic

Height : Inches

Weight : Pounds

Waist : Inches

Physician Name :

Physician Signature : **Date :**

Section 3: ANNUAL PHYSICAL VERIFICATION (for worksite or LabCorp screenings)

I, _____ (Physician Name), conducted an annual physical/well-check office visit for the patient listed above. This visit was completed on _____(Date).

Physician Signature : **Date :**

Form MUST be submitted for credit:

- Upload to your personal dashboard at myHealthWorksportal.com
- Scan/Email : Offsite@integratedhealth21.com Fax : 1-513-751-0018
- Mail : IH21/HW Central Division, 4350 Glendale-Milford Road, Suite 110, Blue Ash, OH 45242

Please allow 3 business days for processing of forms
Questions? Call 513-751-1288
Or Email Offsite@integratedhealth21.com

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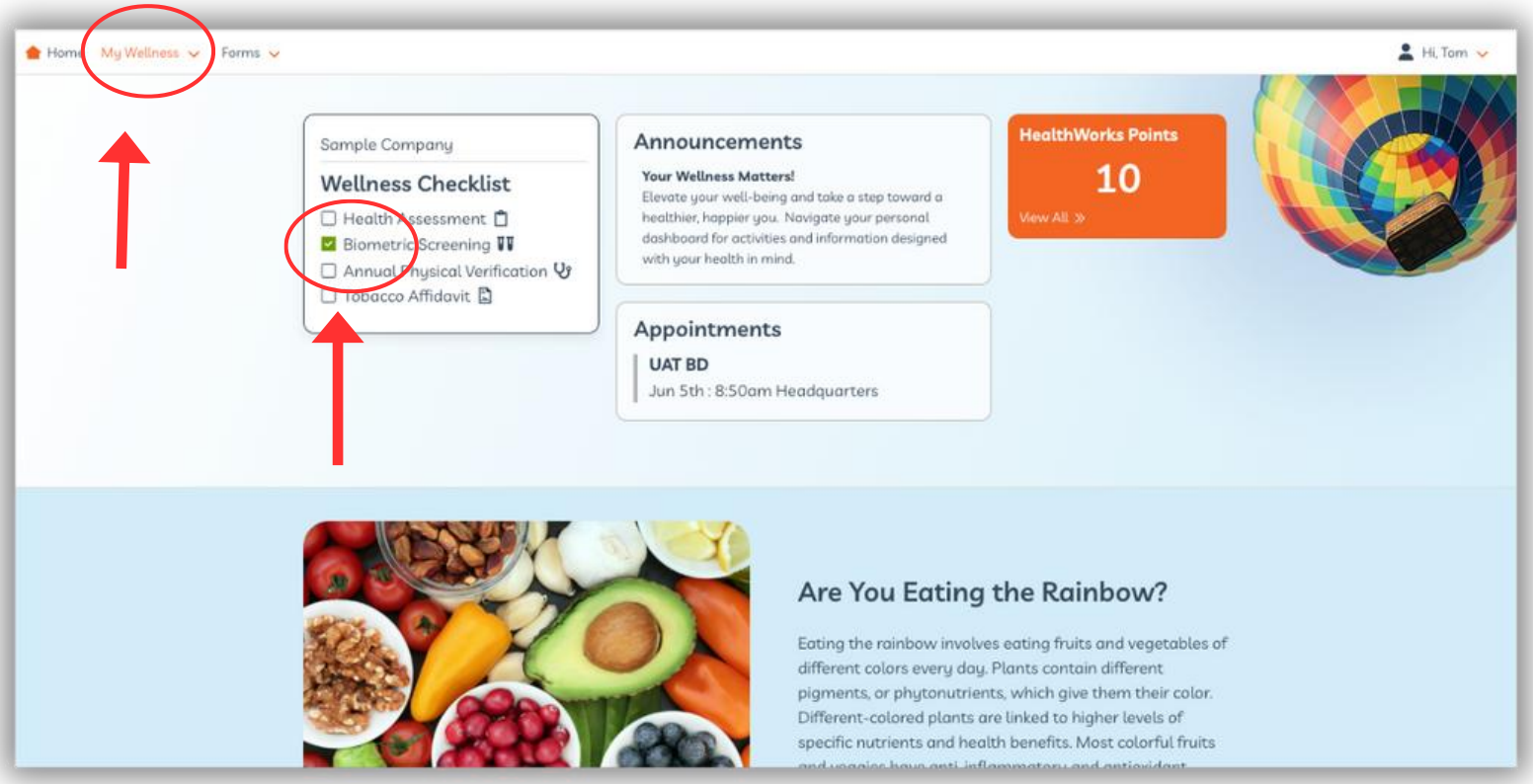
SAMPLE

How to View Biometric Screening Results

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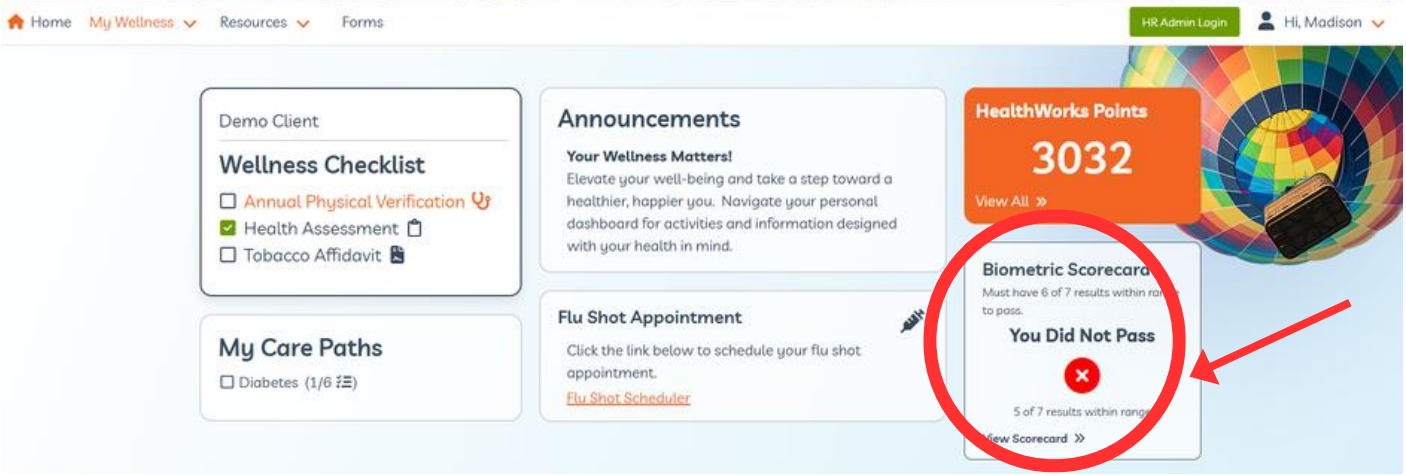
How to View Your Results:

- Go to www.myhealthworksportal.com
- Login and go to your personal dashboard
- Click **Biometric Screening** under your Wellness Checklist or click on **My Wellness>>Biometric Results** in the navigation bar
- If your results are ready to view, click **View Results**



Questions?
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How to Access the Biometric Scorecard



How to View Your Scorecard Results:

- Go to www.myhealthworksportal.com & login to your personal dashboard
- Click on the **Biometric Scorecard** tile to see the results you have in-range
- If your company has a reasonable alternative program, you may have the option to submit reasonable alternative waivers here to specific results for credit. Find the Reasonable Alternative Form under the “Forms” tab at the top of your Dashboard.

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How to Complete the Reasonable Alternative in the Scorecard

How to Submit Reasonable Alternative Documents (i.e. a Reasonable Alternative Form):

Option 1:

- Go to www.myhealthworksportal.com & login to your personal dashboard
- Click on the Biometric Scorecard
- Scroll to find the metric you need to submit the Reasonable Alternative for and click the button that says “Reasonable Alternative”
- Submit the document
- Once approved, you will receive the point(s)
- NOTE: If you are using this document to get credit for multiple results, upload it to each result you need credit for



Metric	Goal	Your Result	Status	
Blood Pressure	Systolic: 100 or less and Diastolic: 60 or less	120/80	✗	Reasonable Alternative
BMI	10 or less	25.8	✗	Reasonable Alternative
Cholesterol Ratio	2.8 or less	2	✓	
Glucose	Fasting Glucose: 90 or less or Non-Fasting Glucose: 89 or less	Non-Fasting Glucose: 100	✗	Reasonable Alternative
HDL Cholesterol	Female HDL Cholesterol: 9 or more	Female HDL Cholesterol: 50	✓	
Hemoglobin A1c	4 or less	7.8	✗	Reasonable Alternative

Option 2:

- You may also send your Reasonable Alternative Waiver to HELP@integratedhealth21.com

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