

# COST OF SERVICES

## STERLING WELLNESS SOLUTIONS

Eligible Members: Employees on the Health Plan

Estimated Eligible Members: 325

### ADMINISTRATIVE COSTS

Implementation (One-time fee)	Waived
File Feed; Historical Data on Biometrics/Labs (Optional)	\$250 per feed
Single Sign-on; Year 1 / Year 2+ (Optional)	\$3,500 / \$1,500

### POPULATION HEALTH MANAGEMENT SERVICES

\$5.70 PEPM

Program Management and Account Services Team	✓
Incentive Program Management and Tracking	✓
Web Based Tools and App	✓
◦ Assessment Tools	✓
◦ Risk-Driven Content	✓
◦ Tracking and Engagement Activities	✓
Program Marketing and Communications	✓
Comprehensive Reporting	✓
Support Team for Participants	✓

### CAREPLUS HEALTH COACHING SERVICES

Lifestyle Coaching – Inbound Only	Included
◦ Participant opt-in, on-demand support for non-incentivized programs	✓
Lifestyle Coaching	\$1.00 PEPM
◦ Telephonic support from health coaches	✓
Chronic Condition Management	\$3.85 PEPM
◦ Targeted telephonic outreach from registered nurses	✓
◦ Claims connectivity to assess diagnosed conditions and predictive risk	✓
◦ Health Literacy education and support to reduce claims costs	✓
Smart Connect – Diabetes Management	
◦ Bluetooth-enabled Glucometer and Weight Scale with Wellness Integration	\$55 PPM
◦ 12-week Coaching Support and Education	\$450 PP
Onsite Health Coaching	Quote Available Upon Request

Health Management Services for NOPFMI

800.838.0337 | [Sterling-Wellness.com](http://Sterling-Wellness.com)



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## STERLING WELLNESS SOLUTIONS



### LAB TESTING

#### PHYSICIAN'S SCREENING PANEL

- Glucose (Blood Sugar)
- Lipid Panel
  - o Total Cholesterol
  - o Triglycerides
  - o LDL (bad cholesterol)
  - o HDL (good cholesterol)
  - o TC/HDL Ratio
- Complete Blood Count
- Thyroid Panel
- Complete Metabolic Panel
  - o Liver Function
  - o Kidney Function
  - o Electrolytes
  - o Iron

Blood Pressure, Height, Weight, Waist Circumference

Yes

Secure E-mail

All participants – Telephonic  
High Risk – Webinar

✓

✓

✓

25 per event

\$350 per 4-hour event

TBD

\$125 per participant

Not Available

\$145 per participant\*

not available as stand alone

\$25 per participant

\$20 per participant

\$30 per participant

#### BASIC SCREENING PANEL

- Glucose (Blood Sugar)
- Lipid Panel
  - o Total Cholesterol
  - o Triglycerides
  - o LDL (bad cholesterol)
  - o HDL (good cholesterol)
  - o TC/HDL Ratio

Blood Pressure, Height, Weight, Waist Circumference

Yes

Onsite

Onsite

✓

✓

✓

25 per event

\$350 per 4-hour event

TBD

\$50 per participant

\$60 per participant

\$75 per participant\*

Biometric Screenings

Fasting Required?

Results Delivery

Review of Results

Aggregate Report (50+ participants)

Online Appointment Scheduling

Standard Promotional Flyer

Minimum participation requirement

Staffing Fee (waived if 25 min. participation met)

Travel

#### On-Site Screening

Venipuncture

Fingerstick

#### Off-Site Screening

\*Additional fees may apply for locations outside of our clinical network

#### ADDITIONAL SCREENING OPTIONS

Cotinine (Nicotine)

Hemoglobin A1c

PSA