HCM Wellness Guide

How to complete your Tobacco and Primary Care Provider Attestations
Log into HCM (hcm.case.edu)
Select the “Wellness” tile

Then “Tobacco Attestation Form”

Scroll to the bottom of the page.
Certify honestly.
Click Save!
Primary Care Provider Attestation Form

The Primary Care Provider Form

Benefits-eligible faculty and staff interested in receiving the $25 monthly Wellness Incentive in 2024 will need to enroll in one of the university’s medical plans and complete the Health Risk Assessment along with two of these three activities within our fall engagement period (Sept. 1, 2023 - Nov. 30, 2023):

- Biomarker Screening through Quest Diagnostics, Inc.
- Tobacco Attestation Form (in HCM)
- Primary Care Provider Attestation Form (in HCM)

Numerous benefits are associated with having a primary care provider (PCP). Not only do regular visits with a PCP encourage preventive exam compliance (e.g., colonoscopies, mammograms, etc.), but they also lead to increased rates of necessary immunizations.

By completing this form, you are confirming that you have a Primary Care Provider (PCP) and have met with that professional at least once in the past year for a health care appointment or have an upcoming appointment with your PCP in 2023. Please click on the box below for confirmation.

*Primary Care Provider (PCP) is defined as a physician (M.D., D.O., or nurse practitioner) or physician assistant (N.P.) or nurse midwife (N.M.) that take care of the health care needs of patients and provide a continuum of care and services to patients. PCPs are selected for undiagnosed conditions as well as chronic and major health conditions.

Please indicate your answer:
- [ ] I attest that I have met with my Primary Care Provider (PCP) at least once in the past year for a health care appointment and/or have an upcoming appointment with my PCP in 2023.

This choice was recorded on: 9/27/2023

Click Save!
Verify that your attestations are complete on the “Wellness Summary” page.

Make sure you are looking at the benefit year toward which you are completing the activities.

Remember: You complete wellness activities in the fall to earn the $25 Monthly Wellness Incentive during the following calendar year.