

Q: What is fitFHCP?

A: fitFHCP is our customizable wellness program created for employer groups covered by Florida Health Care Plans. FHCP doesn't believe in a "one size fits all" approach to health and that is why we offer a multitude of options. fitFHCP offers our groups the opportunity to work with a Wellness Coordinator, on site activities and challenges, helpful education, and resources, and it encourages employer groups to make employee well-being a priority.

Q: Who is eligible to participate in fitFHCP?

A: All FHCP Employer Groups with 10+ enrolled subscribers are welcome to offer this program to their staff. Employer groups will be asked to sign a **Wellness Related Services Agreement**, and to actively support and promote participation in wellness events, challenges, and activities developed specifically for their employees.

Q: Is there a cost to the group to participate?

A: No, there is no cost to participate in fitFHCP. fitFHCP programs and services are separate from Florida Health Care Plan's additional Occupational Health Services available to employer groups. For more information about those, please contact Catie Rosekelly.

Q: How will our employees benefit from offering fitFHCP?

A: By offering inclusive programming, strategic planning, and a tailored approach to well-being that you're your organization's culture, FHCP will help groups set strategic goals that focus on improving the overall health of the company. From decreased Emergency Room visits to fewer sick days and to improved morale, FHCP works with groups to achieve what is best for them.

Q: When you say fun activities, what do you mean?

A: Educational wellness workshops and webinars, team challenges, community events, gym access, on-site activities, interactive online tools, and so much more!

Q: What's the difference between this and Workforce Wellness Agreement?

A: FHCP's WorkForce Wellness Agreement provides for a special, low co-pay at designated Extended Hours Care Centers and FHCP Staff Primary Care Providers to encourage employees to seek affordable, high-quality care and to avoid costly ER visits. This benefit must be added during the initial contracting or renewal period. Please discuss this option with your Agent or contact FHCP Sales.

Q: What about shared groups with Florida Blue?

A: FHCP works closely with our counterparts at Florida Blue when it comes to employee wellness programs. For shared groups, FHCP will work with your group and Florida Blue to coordinate and offer wellness programming that is accessible to everyone. Certain offerings, like the customized wellness portal and vaccinations may not be available to Florida Blue members.

Q: How do we get started with fitFHCP?

A: It's easy! You can reach out directly to Catie Rosekelly or Chris Colby in FHCP Sales, or speak with your Agent to set up an initial meeting to discuss fitFHCP.

To learn more about fitFHCP, please contact:

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