

The 2020 Lake Erie Regional Council Wellness Program

By participating in the voluntary Medical Mutual Wellness program, employees can earn a reward! Employees enrolled in the medical plan can earn an entry into a drawing to win a local business gift basket by completing activities at the Silver and/or Gold levels(s).



Goals and Rewards

Complete the following for the Silver Reward:

- Health Assessment - completed online by March 1, 2021**
- Health Screening - completed by March 1, 2021**
For your screening to be considered complete, at least one biometric result (for example: weight, height or blood pressure) and one result from a blood panel must be submitted.
- My Care Compare (Employees Enrolled in Medical Plan Only)**
Access on My Health Plan.

Earn At Least 200 Points (+ Silver Reward) for the Gold Reward:

- Up to 2 Preventive Care Services | 50 Points Each**
Eligible services are annual physical, mammography, gynecological, colonoscopy and flu vaccination.
- Physical Activity or Step Tracking | 75 Points**
Track 5,000 active minutes or 1,000,000 steps between Aug. 13, 2020 and March 1, 2021.
- Up to 5 Individual Challenges | 25 Points Each**
Challenge must be 14 days or longer to qualify.
- Up to 2 Online Health University Courses | 50 Points Each**
- Dental Exam With Routine Cleaning | 50 Points**
- District-Specific Wellness Activity | 50 Points**

Drawings to be held after the March 1, 2021 deadline for completion. Entry into the drawings is dependent upon verification from Medical Mutual that goals were completed.

Please note that there is a 30-60 day delay for Medical Mutual processing of item completion, so be sure to complete your activities well before the March 1 deadline.

Portal: Log in to www.medmutual.com/member and select **Wellness Portal** from the Healthy Living drop-down.

Toll-Free: 1-855-553-1006

Email: WellnessSupport@medmutual.com

Remember, if you're not able to participate or meet the goals of your program, Medical Mutual Wellness can work with you and your doctor to find an alternative way to earn the reward.