

Amherst



2022/2023

As part of our ongoing Wellness initiative at Amherst, we are again scheduling biometric screening events, and will continue to offer our Employee Assistance plan provided by Impact Solutions:

[www.MyImpactSolution.com](http://www.MyImpactSolution.com) Go to member login> MEMBER LOGIN: Amherst

You must complete the following 3 items to be eligible for the Wellness discount:

1. **BIOMETRIC SCREENING** (blood pressure, total cholesterol, glucose, height, weight, waist measurements, body mass index). **Biometric screenings must be completed between July 1, 2022 and March 1, 2023 with results submitted to Medical Mutual by March 15, 2022. (see negotiated agreement for more information)**

- Biometric screenings can be completed on August 19 & 22, 2022 at the Amherst screening events.
- At your Physician's office. (If you have your screening done by your physician, you must upload the screening form to Medical Mutual by March 15, 2023).

2. **MEDICAL MUTUAL ONLINE HEALTH ASSESSMENT**  
**Must be completed between July 1, 2022 and March 1, 2023**

- Employees who complete the Wellness initiatives will pay less in insurance premiums.
- Current employees **hired and enrolled prior to July 1, 2011**, who complete the required items will contribute 15% of their health insurance premium.
- Current employees who do not elect to complete the above will pay 20% of their health insurance premium.
- New hires that were **hired and enrolled after July 1, 2011**, that complete the required items will pay 20% of their insurance premium.
- New hires that do NOT participate will pay 25% of their health insurance premium.
- **If you elect not to participate, or elect to participate but then do not, you will be charged the 5% premium difference retroactively beginning July 1, 2022.**

3. **COMPLETION AND SUBMISSION OF THIS REGISTRATION FORM**  
**Must be submitted to the Treasurer's Dept. by 09/15/2022**

I **WILL** participate in the above Wellness Initiatives

I **WILL NOT** participate in the above Wellness Initiatives

Printed Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_