



# Make yourself a priority.

## Welcome to the 2024-25 Wellness Program

By participating in Lake Erie Regional Council's voluntary wellness program, employees enrolled in the medical plan can earn an incentive\*! (That's extra money in your paychecks!) **Please be sure to review communications from your district, as the requirements and timeline for completing activities and earning incentives may be different.**

\*The premium discount amount will be announced at a later date. It will not exceed the legal maximum of 30% of the total (both employee and employer contributions) employee-only rate.



**Scan the QR code to get started!**

Sign in to your My Health Plan account at [medmutual.com](http://medmutual.com) member and select Wellness Portal from the Healthy Living drop down menu.

Questions? Give us a call toll free at 1-855-5E3-1006 or send us a message on the portal.





## GOALS AND REWARDS

# Earn points by completing the following:

### To earn the Silver Level and be eligible for incentives, complete the following required activities:

- Health Assessment | Unlock Reward**  
Complete the online health assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.
- Health Screening | Unlock Reward**  
Complete a screening on-site or with your doctor (bring your screening form). For your screening to be considered complete, at least one biometric result (for example: weight, height or blood pressure) or one result from a blood panel must be submitted. If you already had a doctor's appointment with labwork on or after 5/1/2024, you can submit those results instead.

### To earn the Gold Level earn at least 200 points from any combination of the following:

*Note: You must complete the Silver Level to see points accruing towards the Gold Level.*

- Annual Physical\* | 100 Points**  
Complete an annual physical or women's well exam with your provider.
- Preventive Care Services\* (Up to 6) | 40 Points Each**  
*Eligible Services:* cervical cancer screening, colonoscopy, mammogram, prostate cancer screening, \*\*skin cancer screening, dental exam.
- Vaccinations\* (Up to 2) | 30 Points Each**  
*Eligible Services:* COVID vaccine or Booster, flu vaccine
- SmartShopper Tool | 30 Points**
- District-Specific Wellness Activities | (Up to 3) | 40 Points Each**
- Track 1,000,000 Steps or 5,000 Activity Minutes | 75 Points**  
*Access trackers device sync through the wellness portal. Track steps minutes 6/3/2024-4/30/2025.*
- 3 Microlearning Courses | 60 Points**  
Access microlearning courses through the link on the wellness portal. Make sure to allow yourself enough time to finish the courses prior to the deadline.
- Wellness Challenges (Up to 2) | 30 Points Each**  
Access challenges through the link on the wellness portal. **Note:** challenges take place during specific timeframes throughout the program.
- Medical Mutual Chronic Condition Management (Lark) or Maternal Health Program (App) | 50 Points**  
To complete the program requirements by the deadline, you'll need to enroll by January 30, 2025.

### Not sure if the program is right for you?

You may be able to earn the reward another way. You can file an alternative if your doctor recommends you shouldn't participate. Learn more about alternatives on your wellness checklist on the wellness portal or by calling Medical Mutual toll-free at 1-855-553-1006.

*\*For these services you will automatically receive credit through your health insurance claim within 3-6 weeks. If you haven't received credit after 6 weeks or the program deadline is approaching, please submit a preventive care form (available on the resources page of the wellness portal) by the alternatives deadline. **Note:** you may have already received credit for any of these services completed between 5/1/2024 and 4/30/2025.*

*\*\*A skin cancer screening is diagnostic, and members may incur a cost.*



## ALTERNATIVES

### Didn't earn the full reward?

You will receive an email letting you know your results are available on the wellness portal. Make sure to review your results as soon as you can. If you didn't earn the full reward, you may be able to earn it by filing an alternative.

#### Why would you need to file an alternative?

- Your results were recorded incorrectly and/or you are providing a new and passing result.
- Your doctor thinks it's unreasonably difficult or medically inadvisable for you to meet the wellness goals or alternatives.

#### Filing an alternative is easy:

1. Visit the wellness portal to download your alternatives form (bottom of wellness checklist page)
2. Visit your doctor and bring the form
3. Upload your alternatives form on the portal by the alternatives deadline: 5/31/2025



## FAQs

**Let's get the facts straight.** Medical Mutual Wellness is here for you if you have any questions about the program. If this page doesn't answer your questions, please call us toll-free at 1-855-553-1006 or send us a message on the portal.

#### Why is my employer offering this program?

Sometimes we all need a little extra motivation to prioritize our health. If you're working on improving or maintaining your health, why not get rewarded for it?

We know that "healthy" isn't one-size-fits-all. Don't worry if the program requirements feel out of reach — **alternatives make the reward accessible to anyone.**

#### Does it cost money to participate in the program?

Screening with your doctor is free of cost if it's coded as an annual physical. Preventive care services are covered at 100% as well. All resources on the wellness portal are free for you to use. You will be responsible for any medical expenses tied to the completion of an alternative.

#### What if I don't want to participate?

The program is completely voluntary. It is simply an opportunity to take steps to improve your health while earning a reward. The program and its discount are in compliance with the Affordable Care Act (ACA). Employees under age 18 are not eligible to participate.

#### Will my employer see my health information?

Absolutely not! Medical Mutual takes your privacy very seriously. Your employer will never see your screening results, only averages for the company. When needed to administer your reward, they will only see your total reward earned.

#### How do I know if Medical Mutual received the form I submitted?

Once your form goes through the first stage of processing, you will receive an automated email letting you know that we received it. This can take up to 10 business days, so don't worry if you don't receive an email right away. Once your form is fully processed, you will receive another email letting you know that your account has been updated on the wellness portal.

#### When will I receive my reward?

Please refer to your district for incentive details and timelines.