

2024 Wellness Program Overview

By participating in the Cavaliers' voluntary wellness program, Team Members enrolled in the medical plan can save up to 30% on their medical premium.

Non-Insured Team Members can earn up to a \$200 gift card of choice.



Complete the following by 11/30/2024:

- Health Assessment | 5 Points**
Complete the online health assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.
- Tobacco/Nicotine: Negative | 3 Points**
Attest to your tobacco usage on the wellness portal.
Alternatives: QuitLine cessation course or Quitting Tobacco cognitive training course
Enroll in QuitLine by 9/30/2024 and complete a minimum of five calls by 12/31/2024 (call 1-866-845-7702 to enroll), or complete the Quitting Tobacco cognitive training course (3 weeks) through the wellness portal by 12/31/2024.
- Annual Physical Exam* | 3 Points**
Complete an annual physical or women's well exam with your provider.
- Preventive Care Services* (Up to 2) | 2 Points Each**
Eligible Services: cervical cancer screening, colonoscopy, dental exam, eye exam/diabetic retinal exam, flu vaccine, herpes and shingles vaccine, mammogram, pneumococcal vaccine, prostate cancer screening, skin cancer screening.**
- Track 1,000,000 Steps or 3,500 Activity Minutes | 3 Points**
Access trackers/device sync through the wellness portal. Track steps/minutes 02/01/2024-11/30/2024. Important! As of 1/1/2024, you must resync your device to track steps and activity minutes using the new Health Suite tool.
- Community Physical Activity Event | 1 Point**
Complete a physical activity event in your community (e.g. 5K, marathon, triathlon, etc.), then self-report on the wellness portal the date you completed the activity.
- On-site Culture of Health Activities (Up to 6) | 1 Point Each**
Stay tuned for activity details that will be communicated through The Cavaliers closer to the event dates.
- Blood Pressure: 119/79 or Less | 1 Point**
Alternative Goals: complete the Managing Stress, Building Resiliency cognitive training course.
- Glucose: Less than 100 | 1 Point**
Alternative Goals: A1C of 5.6 or less, complete the Managing Diabetes cognitive training course, or reduce A1C by 1 point.
- LDL Cholesterol: Less than 100 | 1 Point**
Alternative Goals: Total Cholesterol of less than 200 (if LDL is unavailable), complete the Getting Active cognitive training course, or reduce LDL by 30 points.
- Triglycerides: Less than 150 | 1 Point**
Alternative Goals: complete the Getting Active cognitive training course, or reduce by 30 points.
- Waist Circumference: Females 35 or Less, Males 40 or Less | 1 Point**
Alternative Goal: complete the Eating Healthy cognitive training course.

**Because a skin cancer screening may be coded as diagnostic, members may incur a cost.

Visit the Medical Mutual wellness portal to get started.

Sign in to your My Health Plan account at www.medmutual.com/member and select Wellness Portal from the Healthy Living drop-down menu.

On the wellness portal, you will find links to complete the health assessment, online courses and challenges, as well as instructions to complete a health screening with your doctor. *After completing a preventive care service, you will be awarded credit for that service in 3-6 weeks. If you have not received credit for your preventive care service after six weeks, please submit proof of exam by downloading the preventive care submission form from the resources page.

Refer to the materials provided by your employer for details on the reward and the deadline to participate.

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 portal or by calling the Medical Mutual Wellness team toll free at 1-855-553-1006.

Questions? Give us a call toll free at 1-855-553-1006 or send us a message on the portal.