

Diocese of Toledo Healthcare Plan – Medical Mutual Solutions Program – 2016 Wellness Incentive Program Summary

Reminders:

- ✓ Employees/spouses enrolled in the Diocese of Toledo Healthcare Plan are eligible to participate
- ✓ Participation is voluntary
- ✓ \$20 reward for completion of online Health Assessment (HA) and each target, Improvement Goal or Reasonable Alternative met
- ✓ Program ends 1/15/2017

See Participant Guide for complete details, including HA instructions, program targets, and where to submit forms.

On-site Health Screening
 12 Diocesan locations
 11/14/16 – 11/17/16
 Register online
<http://toledodiocese.org/page/employment>

Meet all program targets

Complete online HA

Done!
 You will receive \$20 in rewards for the HA and each target met.

Did not meet one or more targets

OPTIONAL
 Complete Reasonable Alternative Standard (RAS) by visiting your physician
 Submit RAS form to Medical Mutual by 1/15/2017

Complete online HA

Done!
 You will receive \$20 in rewards for the HA and each target met.

Physician Health Screening
 Anytime between 8/1/2016 and 1/15/2017

Complete Physician Screening Form AND Solutions Authorization Form
 Submit BOTH to Medical Mutual by 1/15/2017

Meet all program targets

Complete online HA

Done!
 You will receive \$20 in rewards for the HA and each target met.

Did not meet one or more targets

OPTIONAL
 Complete Reasonable Alternative Standard (RAS) by visiting your physician
 Submit RAS form to Medical Mutual by 1/15/2017

Complete online HA

Done!
 You will receive \$20 in rewards for the HA and each target met.

Quest Patient Service Center Screening
 11/9/16 – 12/31/16
 Register online
MyBlueprintforWellness.com

Complete Solutions Authorization Form
 Submit to Medical Mutual by 1/15/2017

Meet all program targets

Complete online HA

Done!
 You will receive \$20 in rewards for the HA and each target met.

Did not meet one or more targets

OPTIONAL
 Complete Reasonable Alternative Standard (RAS) by visiting your physician
 Submit RAS form to Medical Mutual by 1/15/2017

Complete online HA

Done!
 You will receive \$20 in rewards for the HA and each target met.