

# 2019-2020 Diocese of Toledo Wellness Rewards Program

## Program Activities and Points

Focus	Activity	How points are earned	Number of Activities	Total Points
Awareness	Health Assessment (required)	Complete on wellness portal	1	20
Prevention	Biometric Health Screening (required)	Attend onsite health screening or submit physician screening form	1	20
	Annual Physical (Wellness Exam)	Provider claim to Medical Mutual	1	20
	Preventive Exam / Screening (Mammogram, PAP, PSA or Colonoscopy)	Provider claim to Medical Mutual	1	20
	Routine Dental Exam / Cleaning	Self-report appointment on wellness portal	1	20
	Flu Vaccination	Receive at health screening or Self-report on wellness portal	1	10
Biometric Goals	Blood Pressure ( $\leq 129/\leq 79$ )	Health screening results	1	5
	Body Mass Index (BMI) ( $\leq 27.49$ ) or Waist Circumference (F: $\leq 35$ ; M: $\leq 40$ )	Health screening results	1	5
	Hemoglobin A1c ( $\leq 5.6\%$ )	Health screening results	1	5
	Non-Tobacco User	Self-report non-tobacco use at health screening or on physician form	1	5
Health Coaching	Disease Management, Lifestyle Coaching, or QuitLine (6-month engagement)	Telephonic program, enroll online or call 1-800-861-4826	1	20
Self-paced Intervention	My Action Plan Program	Complete on wellness portal	1	10
Wellness Challenges	Monthly Physical Activity Tracking	Device data / Self-report on the Wellness Portal	6	10 points each, maximum of 60
	Lifestyle Wellness Challenges: - Mindfulness Matters: November 2019 - Financial Wellness: March 2020	Complete online	2	10 points each, maximum of 20
Education	Monthly Seminars	Complete online	6	5 points each, maximum of 30
<b>Overall Available Points</b>		<b>270</b>		
<b>Diocese of Toledo 2019 - 2020 Program Goal</b>		<b>100</b>		
<b>Available Incentives</b>	<p style="text-align: center;"><u><a href="#">Earn up to \$125.00 for the program year!</a></u></p> <p><b>Step 1:</b> Complete a biometric health screening <b>and</b> Health Assessment by 11/30/2019 (40 Rewards Points) and receive a \$50 gift card. (Cards distributed in February 2020)</p> <p><b>Step 2:</b> Achieve an <b>additional</b> 60 Rewards Points by 4/10/2020 and earn an additional \$75 gift card. (Cards distributed in July 2020)</p> <p><b>Additional option:</b> If you missed the Step 1 deadline you can still participate to complete the Health Assessment, submit the Physician Screening Form (by 4/1/2020), and earn a total of 100 Rewards Points by 4/10/2020 to receive a full \$125 gift card. (Cards distributed in July 2020)</p>			

**Ready to begin? Log into your Wellness Portal at:**  
<https://www.MedMutual.com/Wellness>

## Diocese of Toledo 2019 – 2020 Important Program Details

- The Wellness Rewards program is available to all employees and their spouses who are enrolled in the Diocese of Toledo Healthcare Plan.
- The program begins October 1, 2019 and concludes on April 10, 2020.
- You will earn Rewards Points every time you complete activities listed in the program chart. If you earn at least **100 Rewards Points, you will receive the maximum incentive**. The Wellness Portal will encourage you to earn 200 points. However, we are only requiring 100 Rewards Points to earn the maximum incentive of \$125.
- The online Health Assessment and biometric health screening must be completed to be eligible for any incentives.
- Biometric goals were selected to encourage you to maintain or achieve your best health. If you are unable to achieve one or more of the biometric goals for Rewards Points, you can participate in other wellness activities to earn the full incentive.
- Health Coaching: By participating in a Disease Management, Lifestyle Coaching or QuitLine program, you can earn 20 Rewards Points. You will not earn additional points for completing more than one program.
- Annual Physical and Preventive exams/screenings must be completed by scheduling an appointment with your doctor or health provider between June 1, 2019 and April 10, 2020 to be eligible for up to 40 Rewards Points. If your appointment is completed between 8/1/19 – 1/10/20 points will be awarded automatically within 90 days; if completed outside these dates submit your Explanation of Benefits (EOB) to [Kate.Rawski@MedMutual.com](mailto:Kate.Rawski@MedMutual.com) so points can be manually loaded.  
*Note, clinical recommendations for the frequency of preventive care varies based upon age, gender and medical history. Therefore, Rewards Points are awarded for only one preventive exam per program year. However, you are encouraged to receive all recommended preventive exams annually or as needed.*
- Wellness Challenges are available throughout the program, review page 12 of the Participant Guide for additional details.
- The flu vaccination activity is only available for points through 12/31/2019.
- Wellness Rewards are awarded in the form of gift cards which are valid at a variety of retailers. Gift cards will be mailed to your home address within three months after the program timelines listed on the next page. This length of time is needed for tabulation of Rewards Points and ordering your personalized card.
- The Wellness Portal does not have an app. However, it is accessible from a computer, smartphone or tablet 24/7. Review page 4 of the Participant Guide for further instructions on how to access the portal.