



September 2018

Dear Diocese of Toledo Healthcare Plan Member:

For many years, with the ongoing support of Medical Mutual, we have offered opportunities for you to engage in Employee Wellness programs through onsite health screenings, online Health Assessments and challenges. **Now we are expanding our efforts and offering a brand NEW Wellness Rewards program.** This comprehensive program builds upon our existing efforts, while offering a variety of preventive services, programs and activities. **This year, the program will give you a chance to earn \$125 in Wellness Rewards!**

The Wellness Rewards program allows you to choose the activities that YOU are most interested in, the flexibility to complete them when it works for your schedule, and the ability to track your progress online. An online Wellness Portal, through the Medical Mutual website, is included to empower you with the tools and resources to make healthy choices all year long. It is our hope that this type of program encourages you to constantly work to improve your overall health and wellness.

The program is available to you NOW through April 30, 2019. Since the program is sponsored by Medical Mutual (at no cost to the Diocese of Toledo or our health plan members) it is **available to employees and their spouses covered on the Diocese of Toledo Healthcare Plan.** To kick the program off, enclosed you will find information to help you understand how the program works, information on upcoming activities, and instructions on how to engage in the program. Please take the time to review the materials and empower yourself to be knowledgeable of the generous wellness benefits available to you.

Enclosed you will find the following information:

Wellness Rewards Participant Guide: This is a detailed overview of the entire program, including instructions on how to access the Wellness Portal and how to earn incentives. Although it may seem overwhelming at first, the program is actually quite simple and you are encouraged to treat it like any other online experience. Hop online, play around on the Wellness Portal, and you will easily learn how to navigate the site.

Health Screening Participant Guide: Onsite health screenings are offered at twelve different locations throughout the Diocese of Toledo between October 8th and October 17th. In order to qualify for this year's Wellness Reward, you must have a biometric health screening. While you can do this with your doctor, you can also take advantage of one of these free, convenient, onsite health screenings. Review the guide to register for an appointment and prepare for the event.

DIocese OF TOLEDO MANAGEMENT CORPORATION

Be Active Physical Activity Challenge flier: The Fall is such a wonderful time of the year to enjoy the cooler weather and stay active. Join the six-week challenge that begins on Monday, September 17th to aim to achieve 150 active minutes per week.

We are excited to continue to walk with each of you on your health and wellness journey. If you have any questions about the program, please feel free to reach out to me directly at 419-244-6711, ext. 4936 or mreed@toledodiocese.org. Thank you in advance for your participation.

Sincerely,

A handwritten signature in black ink that reads "Meghan Reed". The signature is written in a cursive, flowing style.

Meghan Reed
Diocesan Benefits Administrator