



2022-2023 Wellness Program Overview

Make yourself a priority.

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!)

*The incentive 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.

How You Earn

CRITERIA	GOALS	POINTS (Capped at 200)
Online Health Assessment	Complete to Unlock Reward	Unlock Reward
Health Screening Complete health screening on-site or by downloading and submitting a provider screening form.	Complete to Unlock Reward	Unlock Reward
Annual Physical or Women's Well Check	Complete	100 Points
Preventive Care Services Cervical cancer screening, colonoscopy, mammography, or prostate cancer screening	Complete 1 After completing a preventive care service, you will be awarded credit for that service in 4-8 weeks. However, if you have not yet received credit for your preventive care service, please make sure you submit proof of exam using the Preventive Care Submission Form (download form from the resources page) by 5/31/2023 (appeal deadline).	40 Points
Self-Reported Dental Exam/Cleaning	Complete 1	30 Points
Self-Reported Flu Vaccination	Complete	30 Points
Self-Reported COVID-19 or Booster Vaccination	Complete	20 Points
Self-Reported My Care Compare	Complete via the cost estimator tool, located on My Health Plan	30 Points
District Specific Wellness Activity	Complete After completing a district-specific wellness activity, you will be awarded credit 3 weeks from the completed activity.	40 Points
Physical Activity or Step Tracking	Complete 5,000 active minutes or 1,000,000 steps	75 Points
Personal Challenges	Complete Up to 3	20 Points Each
Online Health University	Complete 1	75 Points

Not sure if the program is right for you?

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



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.

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





**2022-2023
Wellness Program**

Take it one step at a time.

Visit the Medical Mutual Wellness portal for more details on each task.

Dates to Keep in Mind

TASKS	STARTING	ENDING
Choose a Screening Option		
• Screen On-site	Available screening times and instructions for scheduling an appointment will be communicated through your employer closer to your workplace event.	
• Screen with Your Doctor and Submit Provider Screening Form	5/1/2022	4/30/2023
Preventive Care Service and Self-Reported Activities	5/1/2022	4/30/2023
Health Assessment, Personal Challenges, Online Health University Courses	6/15/2022	4/30/2023
File an Appeal (if needed)	6/15/2022	5/31/2023
Reward Goes Into Effect	Please refer to your district for incentive details and timelines.	



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