

# The 2023-24 Lake Erie Regional Council Wellness Program:



## GOALS AND REWARDS

To earn the Silver Level and be eligible for incentives, complete the following required activities:

- Health Assessment**
- Health Screening**  
For your screening to be considered complete, at least one biometric result (for example: weight, height, or blood pressure) and one result from a blood panel must be submitted.

To earn the Gold Level, earn at least 200 points from any combination of the following:

- Annual Physical or Women's Well Check | 100 Points**
- Up to 3 Preventive Care Services | 40 Points Each**  
Cervical Cancer Screening, Mammogram, Prostate Cancer Screening, Colonoscopy
- Skin Cancer Screening\* | 30 Points**
- Dental Exam/Cleaning | 30 Points**
- Flu Vaccination | 30 Points**
- COVID-19 Vaccination or Booster | 20 Points**
- SmartShopper Tool | 30 Points**
- Up to 3 District-Specific Wellness Activities | 40 Points Each**
- Track 5,000 Activity Minutes or 1,000,000 Steps | 75 Points**
- Up to 3 Microlearning Courses | 20 Points Each**
- Cognitive Training Course | 75 Points**
- Medical Mutual Chronic Condition Management (Lark) or Maternal Health Program (App) | 50 Points**

\*A skin cancer screening is diagnostic, so you may incur a cost.

## STEPS AND DEADLINES

- 1 Take the Online Health Assessment**  
By April 30, 2024
- 2 Complete a Health Screening**  
May 1, 2023 - April 30, 2024  
Download your personalized Provider Screening Form by logging in to your Medical Mutual Wellness Portal and submitting the completed form by April 30, 2024.
- 3 Earn at Least 200 Points From Any Combination of the Following:**
  - Annual Physical, Women's Well Check, Skin Cancer Screening, Dental Exam, and Other Preventive Care Services**  
May 1, 2023 – April 30, 2024
  - Complete Self-Reported Vaccinations**  
By April 30, 2024
  - District-Specific Wellness Activities and SmartShopper Tool**  
By April 30, 2024
  - Track 1,000,000 Steps or 5,000 Activity Minutes**  
By April 30, 2024
  - Complete Microlearning and Cognitive Training Courses**  
By April 30, 2024
  - Chronic Condition Management\* or Maternal Health Program\***  
By April 30, 2024

\*To complete all program requirements by the deadline, you will need to enroll by Jan. 30, 2024.



Visit the Medical Mutual Wellness portal to get started!

Sign in to your My Health Plan account at [www.medmutual.com/member](http://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.

Remember, if you're not able to participate or meet the goals of your program, Medical Mutual Wellness can work with you and your doctor to find an alternative way to earn the reward.





## 2023-24 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. **Please be sure to review communications from your district, as the requirements and timeline for completing activities and earning incentives may be different.**

\*The premium discount 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 <b>Unlock Reward</b>	<b>Unlock Reward</b>
Health Screening For your screening to be considered complete, at least one biometric result (for example: weight, height, or blood pressure) or one result from a blood panel must be submitted.	Complete to <b>Unlock Reward</b>	<b>Unlock Reward</b>
Annual Physical or Women's Well Check	Complete*	100 Points
Preventive Care Services Cervical cancer screening, colonoscopy, mammography, prostate cancer screening	Complete Up to 3*	40 Points Each
Skin Cancer Screening**	Complete*	30 Points
Dental Exam/Cleaning	Complete*	30 Points
Flu Vaccination	Complete (Self-Report)	30 Points
COVID-19 Vaccination or Booster	Complete (Self-Report)	20 Points
SmartShopper Tool	Complete	30 Points
District-Specific Wellness Activities	Complete Up to 3	40 Points Each
Track 5,000 Activity Minutes or 1,000,000 Steps	Complete	75 Points
Microlearning Courses	Complete Up to 3	20 Points Each
Cognitive Training Course	Complete	75 Points
Medical Mutual Chronic Condition Management (Lark) or Maternal Health Program (App)	Enroll by 1/30/24 to complete the program requirements by 4/30/2024.	50 Points

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

\*After completing a preventive care service, you will be awarded credit for that service in 3-6 weeks. If you have not yet received credit for your preventive care service after 6 weeks, please make sure you submit proof of exam using the Preventive Care Submission Form (download form from the resources page) by 5/31/2024.

\*\*A skin cancer screening is diagnostic, so you may incur a cost.



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## 2023-24 Wellness Program Overview

**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		
<ul style="list-style-type: none"> <li>Screen On-Site</li> </ul>	Available screening times and instructions for scheduling an appointment will be communicated through your employer closer to your workplace event.	
<ul style="list-style-type: none"> <li>Screen with Your Doctor and Submit Provider Screening Form</li> </ul>	5/1/2023	4/30/2024
Preventive Care Services, Annual Physical/Women's Well Check, Skin Cancer Screening, Dental Exam, Flu Vaccination, COVID-19 Vaccination or Booster	5/1/2023	4/30/2024
Health Assessment, Microlearning and Cognitive Training courses, Physical Activity or Step Tracking, SmartShopper Tool, District-Specific Wellness Activities, Chronic Condition Management* or Maternal Health Program*	6/26/2023	4/30/2024
File an Alternative (if needed)	6/26/2023	5/31/2024
Reward Goes Into Effect	Please refer to your district for incentive details and timelines.	

\*To complete all program requirements for Chronic Condition Management or the Maternal Health Program by the deadline, you will need to enroll in the program by 1/30/2024.



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