

The 2024-25 Lake Erie Regional Council Wellness Program

May 1, 2024 – April 30, 2025

Activities	How Activities Are Tracked	Estimated Time for Credit or Points to awarded on Wellness Portal	Number of Activities	Possible Points
Health Assessment (Required)	Complete online via Wellness Portal between 6/1/24 and 4/30/25.	Immediately after online completion.	1	Complete
Biometric Health Screening (Required)	Complete an onsite health screening or Provider Biometric Screening Form, downloaded from the Wellness Portal by 4/30/25.	<ul style="list-style-type: none"> 3-4 weeks after onsite event 2 weeks after form submission 	1	
The below wellness points will not be awarded until BOTH required activities are completed				
Annual Physical	Claim with applicable CPT code with a date of service between 5/1/24 and 4/30/25 or Preventive Care Submissions form by 5/31/25.	<ul style="list-style-type: none"> 3-6 weeks after claim processing 2 weeks after form submission 	1	100
Preventive Care Services (Cervical Cancer Screening, Colonoscopy, Mammogram, Prostate Cancer Screening, Skin Cancer Screening* or Dental Cleaning)	Claim with applicable CPT code with a date of service between 5/1/24 and 4/30/25 or Preventive Care Submissions form by 5/31/25.	<ul style="list-style-type: none"> 3-6 weeks after claim processing 2 weeks after form submission 	Up to 6	240 (40 each)
Vaccinations (Flu, COVID-19, or Booster Vaccination)	Self-report activity with a date of service between 5/1/24 and 4/30/25.	Immediately after reporting completion online.	Up to 2	60 (30 each)
Smart Shopper Tool	Utilize the Smart Shopper tool between 5/1/24 – 4/30/25.	Points are awarded monthly via a vendor activity file.	1	30
District-Specific Wellness Activity	LERC District to provide Activity File: Complete through your district, by 4/30/25.	3 weeks after completing through your District	Up to 3	120 (40 each)
Physical Activity or Step Tracking: 5,000 Active Minutes or 1,000,000 steps	Device Sync, App features, or Self-Report on Wellness Portal by 4/30/25.	24/48 hours after activity goal is achieved	1	75
Microlearning Courses	Complete three courses of your choice on the Wellness Portal by 4/30/25.	Immediately after online completion.	3	60
Wellness Challenges	Complete on Wellness Portal by 4/30/25.	24/48 hours after online completion.	Up to 2	60 (30 each)
Medical Mutual Chronic Condition Management (Lark) or Maternal Health Program (App)	Enroll by 1/30/25 to complete the program requirements by 4/30/2025. Credit will be awarded quarterly (beginning September 2024) via activity files.	Quarterly	1	50
<i>*A skin cancer screening is diagnostic, and members may incur a cost.</i>				
Total Available Points				745
Silver Level: Complete Health Assessment and Health Screening (Required Activities)				
Gold Level: Earn a Minimum of 200 Points				