

The 2022-2023 Lake Erie Regional Council Wellness Program for Educational Service Center of Lorain County

By participating in the voluntary Medical Mutual Wellness program, all employees can earn a reward! Employees enrolled in the medical plan can earn a 16% employee share of premium costs for the Silver Reward or a 15% employee share of premium costs for the Gold Reward. Spouses who are enrolled in the medical plan are encouraged to participate but cannot earn a reward.



Goals and Rewards

Complete Both for the Silver Reward:

- Health Assessment
- Health Screening

Complete health screening on-site or by downloading and submitting a provider screening form.

Earn At Least 200 Points (+ Silver Reward) for the Gold Reward:

- Annual Physical or Women's Well Check | 100 Points
- Preventive Care Services | 40 Points
Eligible services are cervical cancer screening, colonoscopy, mammogram, or prostate cancer screening.
- Dental Exam/Cleaning | 30 Points
- Flu Vaccination | 30 Points
- COVID-19 or Booster Vaccination | 20 Points
- My Care Compare | 30 Points
- District-Specific Wellness Activity | 40 Points
- Physical Activity or Step Tracking | 75 Points
Complete 5,000 active minutes or 1,000,000 steps between June 15, 2022 and April 30, 2023.
- Up to 3 Personal Challenges | 20 Points Each
- Online Health University Course | 75 Points