

February 1, 2024

Dear Team Member,

**We invite you to participate in our 2024 wellness program!** Rock Entertainment group is committed to the health and well-being of our team members. That is why we continue to partner with Medical Mutual to offer you a voluntary wellness program. The wellness program activities and resources are designed to help you optimize your health. Completing program activities help identify health issues early and help you maintain or improve your health and well-being!

All team members are eligible to participate in the program. Team members enrolled in the medical plan can save up to 30% on their medical premium. If you are not enrolled in the medical plan you may earn up to a \$200 gift card. The rewards payout of premium discount or gift card will occur the following year, in January 2025.

**Want to learn more?** Review the attached [program overview](#) for list of activities and details.

**Important program dates:**

- 2024 Wellness Portal Opens: February 1, 2024.
- Last date to complete program activities: November 30, 2024.
  - Eligible preventive care services must be completed between: December 1, 2023, and November 30, 2024.
- Last date to complete/submit an alternative form, if needed: December 31, 2024.

**Begin Tracking Your Physical Activity Now**

The goal is 1 million steps OR 3,500 active minutes now through Sept. 30. Steps and active minutes can be logged automatically using a device, such as a Fitbit or Apple Watch, or manually tracked.

If you are using a device, you can sync it today. All devices must be synced again for the 2024 wellness program, even if you've previously synced them for past programs. See attached for [physical activity tracking instructions](#).

**To get Started:**

Sign in to your wellness portal at [www.medmutual.com/member](http://www.medmutual.com/member) and select Wellness Portal from the Healthy Living drop-down menu. Review the [QuickStart Guide](#) for detailed instructions.

We're excited to begin our 2024 wellness journey together. These are the first steps. And watch for information, tips, and resources throughout the year so you can be successful to earn rewards.

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

Sincerely,

Rock Entertainment Group