

The 2024 Cavaliers Wellness Program:

Team Members enrolled in the medical plan can save up to 30% on their medical premium. Non-Insured Team Members can earn up to a \$200 gift card of choice.

- Health Assessment | 5 Points**
Complete the online health assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.
- Tobacco/Nicotine: Negative | 3 Points**
Attest to your tobacco usage on the wellness portal.
Alternatives: QuitLine cessation course or Quitting Tobacco cognitive training course
Enroll in QuitLine by 9/30/2024 and complete a minimum of five calls by 12/31/2024 (call 1-866-845-7702 to enroll), or complete the Quitting Tobacco cognitive training course (3 weeks) through the wellness portal by 12/31/2024.
- Annual Physical Exam | 3 Points**
Complete an annual physical or women's well exam with your provider.
- Preventive Care Services (Up to 2) | 2 Points Each**
Eligible Services: cervical cancer screening, colonoscopy, dental exam, eye exam/diabetic retinal exam, flu vaccine, herpes and shingles vaccine, mammogram, pneumococcal vaccine, prostate cancer screening, skin cancer screening*.
- Track 1,000,000 Steps or 3,500 Activity Minutes | 3 Points**
Access trackers/device sync through the wellness portal. Track steps/minutes 02/01/2024-11/30/2024. Important! As of 1/1/2024, you must resync your device to track steps and activity minutes using the new Health Suite tool.
- Community Physical Activity Event | 1 Point**
Complete a physical activity event in your community (e.g. 5K, marathon, triathlon, etc.), then self-report on the wellness portal the date you completed the activity.
- Cavaliers On-site Culture of Health Activities (Up to 6) | 1 Point Each**
Stay tuned for activity details that will be communicated through The Cavaliers closer to the event dates.
- Blood Pressure: 119/79 or Less | 1 Point**
Alternative Goals: complete the Managing Stress, Building Resiliency cognitive training course.
- Glucose: Less than 100 | 1 Point**
Alternative Goals: A1C of 5.6 or less, complete the Managing Diabetes cognitive training course, or reduce A1C by 1 point.
- LDL Cholesterol: Less than 100 | 1 Point**
Alternative Goals: Total Cholesterol of less than 200 (if LDL is unavailable), complete the Getting Active cognitive training course, or reduce LDL by 30 points.
- Triglycerides: Less than 150 | 1 Point**
Alternative Goals: complete the Getting Active cognitive training course, or reduce by 30 points.
- Waist Circumference: Females 35 or Less, Males 40 or Less | 1 Point**
Alternative Goal: complete the Eating Healthy cognitive training course.

*Because a skin cancer screening may be coded as diagnostic, members may incur a cost.



STEPS AND DEADLINES

- 1 Take the Online Health Assessment**
By Nov. 30, 2024
- 2 Screen with Your Doctor and Submit Provider Form**
By Nov. 30, 2024
Download your personalized Provider Screening Form by logging in to your Medical Mutual Wellness Portal.
- 3 Complete Preventive Care Services**
By Nov. 30, 2024
- 4 Complete Physical Activity or Step Tracking and a Community Physical Activity Event**
By Nov. 30, 2024
- 5 Complete On-site Culture of Health Activities**
By Nov. 30, 2024
- 6 File an Alternative and/or Complete Alternative (if needed)**
By Dec. 31, 2024



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.

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.