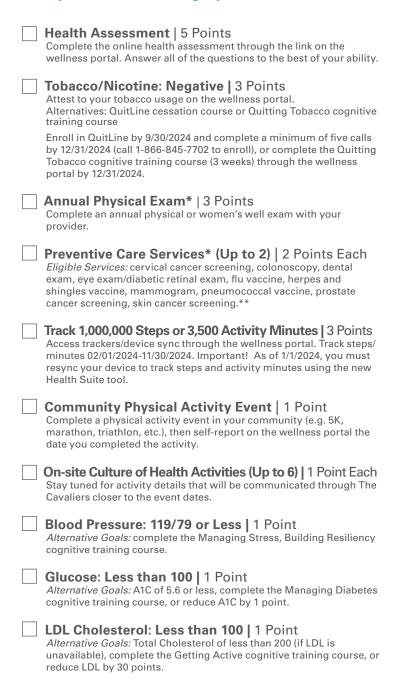


2024 Wellness Program Overview

By participating in the Cavaliers' voluntary 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.







☐ 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.

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.

On the wellness portal, you will find links to complete the health assessment, online courses and challenges, as well as instructions to complete a health screening with your doctor. *After completing a preventive care service, you will be awarded credit for that service in 3-6 weeks. If you have not received credit for your preventive care service after six weeks, please submit proof of exam by downloading the preventive care submission form from the resources page.

Refer to the materials provided by your employer for details on the reward and the deadline to participate.

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 your wellness checklist on the portal or by calling the Medical Mutual Wellness team toll free at 1-855-553-1006.

