

Welcome to EA Wellness!

Your health and well-being is important to us! Whether your path is about managing stress, work-life balance, self-care, finding ways to relax, or contributing in the community, EA Wellness provides you with the tools, resources and support to help you grow, flourish, and thrive in better health. Review this program guide to learn more details and what's available to you through the wellness program. Below you will find more information about the steps you can take this year to meet each of these levels while improving your health and your opportunities for meaningful incentives.

Eligibility

All Medical Mutual covered employees are encouraged to take part in the EA Wellness program. If you are not covered under the Medical Mutual plan, you may participate in some programs, but will not have access to Medical Mutual's portal and you will not qualify for all the incentives offered. All participants will qualify for the gift card drawing.

Confidentiality

Your confidentiality is guaranteed! EA complies with all current HIPAA requirements, ensuring privacy for each individual's personal health information. Your employer does not receive your individual biometric data and instead uses the total company information to drive the programs and resources offered pertaining to company-wide health.

Incentives

Below you will find information about the steps you can take this year to meet each of the following levels and earn rewards; all while improving your health!



Level 1: 1,500 Points

Complete the following items to earn a \$25 Amazon Gift Code, sent to your email! You will also be entered into a \$25 Gift Card drawing:

- Well-Being Assessment (500 points)
- Health Check (500 points)
- 500 Additional Points (see details below!) for a total of 1,500



Level 2: 2,000 Points

Complete the following items to earn points and be entered into a \$50 Gift Card drawing:

- Level 1 (including Well-Being Assessment and Health Check)
- 500 Additional Points (see details below!) for a total of 2,000



Level 3: 2,500 Points

Complete the following items to earn points and be entered into a \$75 Gift Card drawing:

- Level 2 (including Well-Being Assessment and Health Check)
- 500 Additional Points (see details below!) for a total of 2,500

WellMetrics

WellMetrics are a part of your wellness program that measure and provide information about your personal health. They consist of three core components:

- 1. Well-Being Assessment (500 points):** This is where you begin! The Well-Being Assessment will measure psychological, physiological and social dimensions to determine overall well-being, as well as identify strengths and weaknesses. When you have completed your assessment, you will receive suggested challenges and resources to improve your well-being based on your results. You will be able to view your score in the “My Results” section of the online engagement portal.
- 2. Health Check (500 points):** The Health Check is a biometric screening that provides data to identify areas of health improvement. The screening includes a finger stick test that measures blood glucose, triglycerides and cholesterol (Total, HDL, and LDL). Additional tests included are weight, waist circumference, BMI (body mass index), and blood pressure. The Health Check takes just 15 minutes. At the conclusion, you will receive a scorecard with results and recommendations for programs to improve your health. The data is then confidentially uploaded into your personal wellness site.

Look for more information from your employer about the scheduled dates and times of your onsite Health Check.

- 3. Program Concierge:** This is included in your Health Check! At the end of your screening, you will have the chance to meet with a Program Concierge to receive recommendations and helpful information about your specific risk factors. The concierge may also review upcoming wellness programs and activities that may be offered through your employer.

How Do I Earn Additional Points?

In addition to WellMetrics, there are other resources listed below that can improve your health and well-being and contribute to your incentive points:

MyCare Compare (500 points): Together with Medical Mutual, the MyCare Compare online tool is designed to help you find the best price, provider and location for healthcare services. With MyCare Compare, you can review satisfaction scores for physicians and quality ratings for healthcare facilities in the geographical area you chose. Medical Mutual members can easily check cost estimates for more than 170 types of healthcare procedures and tests, including: office visits, blood tests and other lab services, X-rays, MRIs, CT scans, physical therapy and many minor and major surgeries. An introductory video for the MyCare Compare tool can be found on the homepage of your wellness portal.

Preventive Care Visit (250 points): Developing a relationship with your primary doctor is an important part of prevention. During your preventive care visit, your doctor will help you develop a plan for your health based on your age, gender, family history, and health risks. Together, you can focus on primary prevention — catching a serious or chronic condition and treating it before symptoms appear, or effectively managing an existing health issue. See your Human Resource department for the correct form to verify your visit.

EA Sponsored Event (250 points)*: EA Wellness will be offering different opportunities to engage in healthy living during the program year. The EA sponsored events may include but are not limited to:

- EA Educational Sessions
- Tobacco Cessation Course
- Weight Management Program
- Onsite Information Sessions

**Please refer to your Human Resource department for more information on what event qualifies for an EA sponsored event.*

Wellness Challenges (Varied Points): You will have access to several different wellness challenges located on your wellness portal. These challenges will help you create positive health habits in areas such as mindfulness, fitness, and nutrition. Challenge yourself, and keep an eye out for team challenges!

Frequently Asked Questions

- 1. Is the Well-Being Assessment required?** Yes. The Well-Being Assessment is the gateway to the program. You must complete the assessment and the Health Check to be eligible for any incentives offered.
- 2. Is my Health Check confidential?** Yes. EA Wellness complies with all current HIPAA requirements, ensuring each individual's confidentiality. Your employer does not receive your personal biometric data.
- 3. Is this a fasting test?** Yes. For the most accurate results, you should fast 10-12 hours before your scheduled Health Check. Black coffee or tea, without cream or sugar, is okay. If you are diabetic or hypoglycemic please consult your physician for fasting instructions.
- 4. What happens to my Health Check and Well-being Assessment results?** The only information that is shared with your employer is company-wide aggregate data and not individual results. The aggregate data is used to help plan company initiatives that will focus on the most prevalent health issues.
- 5. What should I bring with me to my Health Check?** Please bring a photo ID and your Medical Mutual health insurance card.
- 6. What if I can't attend the onsite Health Check?** Please contact EA Wellness at eawellness@theea.org.