



2019 Rewards Program

Eligibility:

- All MLH Employees including part time and per diem
- Spouses / Same Sex Domestic Partners enrolled in an MLH medical plan in 2019

Requirements:

1. Complete a Biometric Screening:
 - a. Score in the **“Healthy Range”** (see back page) for all 4 biometric screenings results
OR
 - b. Complete one **Healthy Activity** (see back page)

NOTE: If you completed a screening in 2018, and scored in the Healthy Range (see back page) on all results, you do not need to complete a screening in 2019, and are exempt from this requirement.

2. Complete the Health Risk Questionnaire on the new portal, once you register in June.
3. Record on the portal, a preventive care visit with your PCP within the past 2 years

NOTE: As in prior years, employees can complete a Biometric Screening either at an onsite event or through their PCP’s office. Spouses should complete their screening through their PCP, and are not permitted to attend onsite screenings. PCP Screening forms will be available on the Biometric Screening tab on the Making Life Healthy intranet site on April 12th.

Rewards:

- Employees and/or spouses enrolled in an MLH medical plan – can **EACH** earn a \$30 per pay medical plan credit for the 2020 plan year.
- Non-enrolled employees - \$200 Amazon Coupon Code (electronic gift card)

New Hires: Between July 1, 2018 and June 30, 2019 will have a separate Rewards plan which will be announced shortly.

Timelines:

- All requirements toward Rewards must be completed by **September 30, 2019.**
- **No exceptions will be made after the September 30, 2019 deadline.**
- Please plan ahead to complete the requirements early.

Healthy Range for Biometric Screening Results:

Blood Pressure:	< 140 (Systolic) AND < 90 (Diastolic)
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Total Cholesterol / HDL Ratio:	< 4.5
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Glucose:	
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Fasting	< 110
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Random	< 160
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BMI:	< 30
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OR

Waist Circumference:	< 40 (Men) < 35 (Women)
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Healthy Activities - If biometrics do not meet healthy range, complete at least one activity below to earn Reward

Care Coordination – For those with complex chronic conditions. Provided by DVACO (Delaware Valley Accountable Care Organization). Call 610-225-6277

Condition Management Health Coaching – Health Coaching for those with a health condition or diagnosis such as diabetes, heart disease, asthma, etc. Provided by DVACO Health Coaches. Call 610-225-6277

Health Coaching for Lifestyle Improvement – Health Coaching for fitness, healthy eating, stress reduction, etc. Coaching services provided by **Active Health**; available June 3rd.

Weight Management Program – For those who want to lose weight; options include Weight Watchers, Nutrisystem, RD visits, etc. Record at least 3 visits on the Incentive page on the portal (available July 1st)

Achieve 5% weight loss as measured by year over year biometric results. This will be calculated automatically, once the 2019 Biometric screening results are imported.

Tobacco Cessation – For those who certified as “Plan to Quit” on their Benefits Enrollment. Programs include “SMOKEFree” offered by MLH Community Health (email Barb Siso at sisob@mlhs.org), or Health coaching by **Active Health**

Fitness Center participation – Record 120 visits at a health club between October 1, 2018 and Sept 30, 2019.

Fitness Tracking:

- Record 40 days of at least 30 minutes of physical activity on the new Making Life Healthy portal.
- Use a synced device to record at least 7500 steps/day for 40 days