

# Atlantic Packaging Wellness Incentive Program 2019/2020

We are excited to be moving to a points-based system. Employees will work to meet a 100-point minimum requirement during the current year with a deadline of August 31, 2020 to become eligible to receive the premium discount for next year (2020 – 2021). Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means.

## Log into the Marathon eHealth Portal and View the Incentive Program

Visit [my.marathon-health.com](http://my.marathon-health.com) log-in using your username and password. If you don't know your username and password, please follow the prompts to recover this information.

### Welcome

to the Marathon eHealth Portal  
Log in and explore

**On the Marathon eHealth portal, you can:**

- Make appointments
- Send messages to your providers
- Complete your health questionnaires
- Track your health status and results
- Be active in your own health and healthcare

The Marathon eHealth Portal is a secure and convenient tool to help you be active in your health. If you are experiencing a medical emergency, call 9-1-1.

### Log In


Username\*

Password\*


**LOG IN**

[Forgot Password or Username?](#)

Click on the Wellness tab and then Incentive Programs or select the Incentive Program in the Wellness Section on the homepage.

[Home](#)[Appointments](#)[Messages](#)[My Health Record](#)[Wellness](#)[Resources](#)[Questionnaires](#)

**My Information**



**Atlantic Test**


(Last Login: 11/01/2019 06:15:45 AM)


1107 East 5th Street, Tabor City, NC 28463  
Phone: (910) 500-6257  
Hours: Monday 7:30am-6pm Wednesday 7:30am - 6pm

Set your preferred location


**New Appointment** **New Message**


**Wellness**


 **Connect My Devices and Apps**

 **Atlantic Packaging Wellness Incentive Program 2019/2020**

**What's New**

 **Messages** 0

 **No Scheduled Appointments**

 **No New Results**


**Marathon Health News**

**Marathon eHealth Portal User Guide** - A detailed guide of each area of the Marathon eHealth Portal, including the new MyHealth Report. Updated June 2019.

**Save the eHealth Portal on your smartphone** - Click here for instructions on how to save the Marathon eHealth Portal to your smartphone or tablet.

**We are committed to giving you a great healthcare experience!** - Click here to be directed to our anonymous comment box. Your responses are used internally by Marathon Health to continually improve our services. Thank you for your time!

**Socialize with us!** - Follow us on Instagram for your daily dose of health information, nutrition and fitness ideas, and contests.



# Atlantic Packaging Wellness Incentive Program 2019/2020

Wellness Program Required Activities	Earned	Available
Complete the Health History and Risk Assessment or HRA Update	0	20
Complete a Comprehensive Health Review with a Health Coach	0	20
Total :	0	

Healthy Biometric Screening Results and Improving your Numbers	Earned	Available
Complete a Biometric Screening	0	10
Achieve Healthy Numbers for 3 of the 4 Biometric Values ⓘ	0	50
Complete 2 Health Coaching Visits	0	50
Set and Meet a Goal with your Health Coach	0	30
Total :	0	

Preventative and Health Improvement Activities	Earned	Available
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max) ⓘ	0	20
Complete an Annual Physical with your Primary Care Provider or at the Health Center in Tabor City ⓘ	0	30
Total :	0	

Additional Wellness Program Activities and Challenges	Earned	Available
Complete the Unwind Workshop	0	20
Participate in a Lunch and Learn or Wellness Podcast (5 points each/ 10 points max)	0	10
Complete the Goal of a Step Challenge (10 points each/ 20 points max)	0	20
Total :	0	

## Earning Points Towards Your Reward

**Effective May 18, 2020:** There are two required activities in the Atlantic Packaging Wellness Incentive Program in addition to the optional activities to achieve the 100 point goal to receive the reward. Due to COVID-19, the Biometric Screening is now an optional activity. Required Activities:

### 1. Completion of a Comprehensive Health Review (20 points)


\*This is a visit to review the results of your biometric screen and Health History and Risk Assessment (HHRA) questionnaire for a thorough assessment of your health and any possible risk factors. Please be sure to fill out your HHRA on line and have your biometrics performed prior to your visit. You can schedule this appointment by logging into the Marathon eHealth Portal, by contacting your Health Coach or if you are located in Tabor City, by calling the Health Center.

### 2. Health History and Risk Assessment or HRA Update (20 points)

\* Click on the questionnaires tab to complete your Questionnaire with incentive icon. ⓘ If you completed the questionnaire in Fall 2019, points will be awarded automatically. Questionnaires completed from 11/6/2019-8/31/2020, points will be automated as well.



Due/Overdue

In Progress

 Health History and Risk Assessment (HHRA) (Incentivized Questionnaire) ⓘ  
Last Updated: 10/02/2019

Completed

Health Screening Questionnaires

 Health History and Risk Assessment (HHRA) (Incentivized Questionnaire) ⓘ  
Health Risk Assessment Annual Update ⓘ  
Medical Health History ⓘ  
 Marathon Health Questionnaire (MHQ) (Incentivized Questionnaire) ⓘ  
Medical Visit Questionnaire ⓘ