Atlantic Packaging Wellness Incentive Program 2019/2020

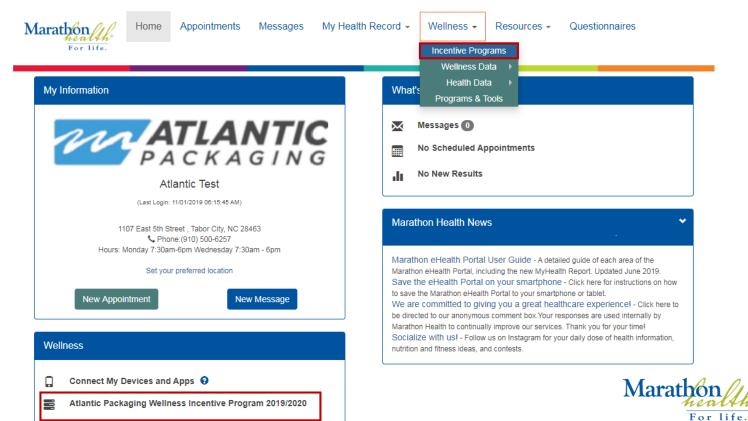
We are excited to be moving to a points-based system. Employees will work to meet a 100-point minimum requirement during the current year with a deadline of August 31, 2020 to become eligible to receive the premium discount for next year (2020 – 2021). Your health plan is committed to helping you achieve 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 log-in using your username and password. If you don't know your username and password, please follow the prompts to recover this information.



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



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 :		
Preventative and Health Improvement Activities	Earned	Available
Preventative and Health Improvement Activities Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max)	Earned 0	Available 20
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning,		
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max) Complete an Annual Physical with your Primary Care Provider or at the Health	0	20
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max) Complete an Annual Physical with your Primary Care Provider or at the Health Center in Tabor City	0	20
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max) Complete an Annual Physical with your Primary Care Provider or at the Health Center in Tabor City	0	30
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max) Complete an Annual Physical with your Primary Care Provider or at the Health Center in Tabor City Total: Additional Wellness Program Activities and Challenges	0 0 0 Earned	20 30 Available
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max) Complete an Annual Physical with your Primary Care Provider or at the Health Center in Tabor City Total: Additional Wellness Program Activities and Challenges Complete the Unwind Workshop Participate in a Lunch and Learn or Wellness Podcast (5 points each/ 10 points	0 0 0 Earned	20 30 Available 20

Earning Points Towards Your Reward

Effective May 18, 2020: There are <u>two</u> 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. (2) 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.

