

2021 Atlantic Packaging Wellness Incentive Program

The wellness points program will continue with some updates for 2020 - 2021. Employees will still work to meet a 100-point minimum requirement and complete the two required activities: Health History and Risk Assessment Questionnaire and a Comprehensive Health Review with a health coach.

The deadline to earn the 100 point minimum and complete the required activities is August 31, 2021 to become eligible to receive the premium discount for next year (2021 - 2022). 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.



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

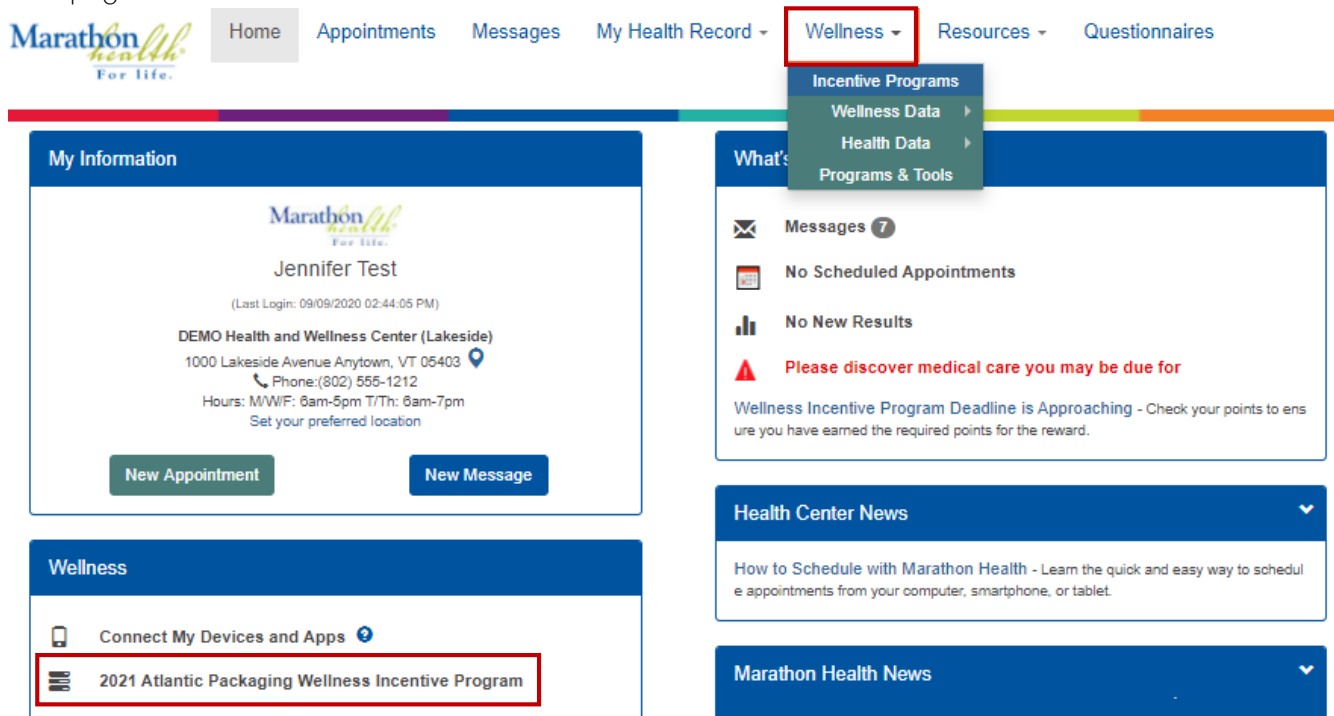
Username*

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.



Marathon health For Life.

Home Appointments Messages My Health Record **Wellness** Resources Questionnaires

Wellness

- Incentive Programs
- Wellness Data
- Health Data
- Programs & Tools

My Information

Marathon health For Life.

Jennifer Test

(Last Login: 09/09/2020 02:44:05 PM)

DEMO Health and Wellness Center (Lakeside)

1000 Lakeside Avenue Anytown, VT 05403

Phone: (802) 555-1212

Hours: M/W/F: 8am-5pm T/Th: 8am-7pm

Set your preferred location

New Appointment **New Message**

Wellness

- Connect My Devices and Apps
- 2021 Atlantic Packaging Wellness Incentive Program**

What's New

Messages 7

No Scheduled Appointments

No New Results

Please discover medical care you may be due for

Wellness Incentive Program Deadline is Approaching - Check your points to ensure you have earned the required points for the reward.

Health Center News

How to Schedule with Marathon Health - Learn the quick and easy way to schedule appointments from your computer, smartphone, or tablet.

Marathon Health News

2021 Atlantic Packaging Wellness Incentive Program

Wellness Program Required Activities	Earned	Available
Complete the Health History and Risk Assessment or HRA Update	10	10
Complete a Comprehensive Health Review with a Health Coach	0	10
Total :		10

Tobacco/Nicotine Status (must complete 1 of the 3 options)	Earned	Available
I am tobacco and nicotine free or have been tobacco free for 6 months	0	10
I am a tobacco user and have completed 3 tobacco cessation coaching visits with a Marathon Health Provider or Health Coach	0	10
I am a tobacco user and have completed the Smoking Cessation Workshop on the eHealth Portal	0	10
Total :		0

Know your Numbers: Biometric Screening	Earned	Available
Complete your biometric screening	0	30
Total :		0

Healthy Biometric Screening Values and Improving your Numbers	Earned	Available
Achieve Healthy Numbers for 3 of the 4 Biometric Values	0	50
Complete 2 Follow-up Health Coaching Visits	0	50

**Screenshot of the program; log-in to view the entire program

Earning Points Towards Your Reward

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. Required Activities:

- Health History and Risk Assessment (HHRA) or HRA Update (10 points)**
 * Click on the questionnaires tab to complete your Questionnaire with incentive icon. If you completed the HHRA in 2019/2020, you will complete the HRA update. If you have not completed the HHRA, you will complete this questionnaire. Points will be awarded automatically for both questionnaires.
- Completion of a Comprehensive Health Review with a Health Coach (10 points)**
 *This is a visit to review the results of your biometric screening (if it has already been completed) 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 online 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.

Atlantic Packaging Wellness Incentive Program Proposal

2020/2021 Program Year

Wellness Program Required Activities	Earned	Available
Complete the Health History and Risk Assessment or HRA Update	0	10
Complete a Comprehensive Health Review with a Health Coach	0	10
Total :	0	

Tobacco/Nicotine Status (must complete 1 of the 3 options)	Earned	Available
I am tobacco and nicotine free or have been tobacco free for 6 months	0	10
I am a tobacco user and have completed 3 tobacco cessation coaching visits with a Marathon Health Provider or Health Coach	0	10
I am a tobacco user and have completed the Smoking Cessation Workshop on the eHealth Portal	0	10
Total :	0	

Know your Numbers: Biometric Screening	Earned	Available
Complete your biometric screening	0	30
Total :	0	

Healthy Biometric Screening Values and Improving your Numbers	Earned	Available
Achieve Healthy Numbers for 3 of the 4 Biometric Values	0	50
Complete 2 Follow-up Health Coaching Visits after Comprehensive Health Review	0	50

Bonus Points: Additional Health Coaching Visits	Earned	Available
Follow-up Health Coaching Visit #3	0	10
Follow-up Health Coaching Visit #4	0	10
Total :	0	

Preventative Exams and Screenings	Earned	Available
Complete an Annual Physical at the Health Center (Tabor City Employees) or an Annual Physical or CDL Physical with an Outside Provider ?	0	20
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max)	0	20
Total :	0	

Additional Wellness Program Activities and Challenges	Earned	Available
Complete the Meditation Workshop with Lyn Tally	0	20
Participate in a Lunch and Learn or Wellness Workshop (5 points each/ 10 points max)	0	10
Complete the Goal of a Step Challenge (5 points each/ 10 points max)	0	10
Participate in the Work It Off Challenge and achieve 5% body weight loss	0	10

Marathon eHealth Portal Wellness Workshop (5 points each/ 10 points max)

Wellness Programs ?	0	10
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Total : 0