

# 2021/2022 Atlantic Packaging Wellness Incentive Program

## How It Works

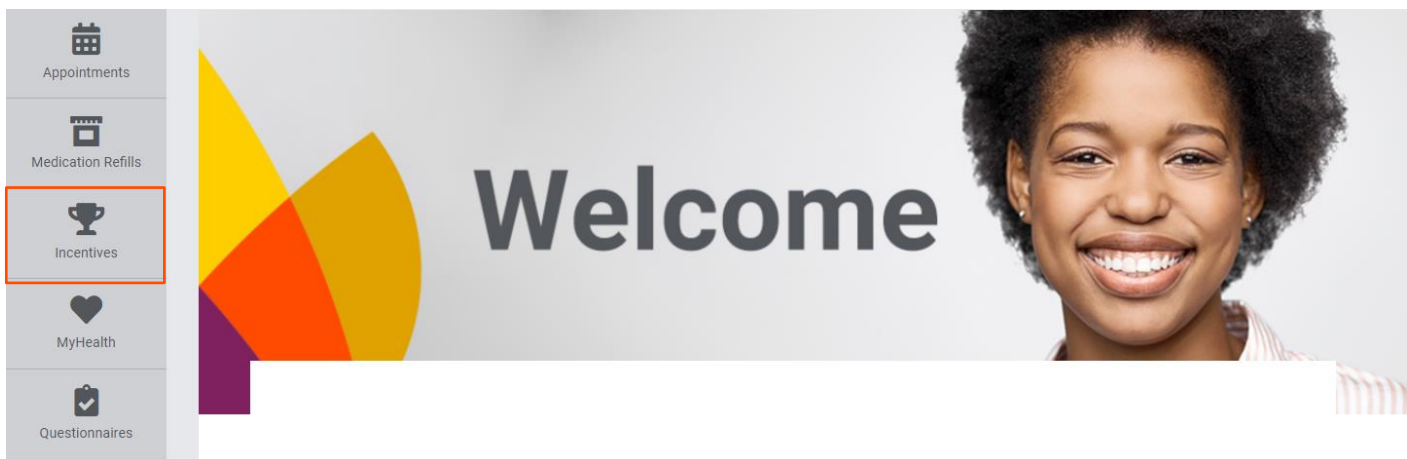
Employees will still work to meet a 100-point minimum requirement and complete the three required activities:

- Biometric Screening
- Health Risk Assessment
- Comprehensive Health Review with a health coach

The deadline to earn the 100 point minimum and complete the required activities is **August 31, 2022** to become eligible to receive the premium discount for next year (2022-2023). 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. Please reach out to Michele O'Dell (Micheleo@atlanticpkg.com) for additional information.

## Log in to the Marathon Health Portal

To get started, log in to the Marathon Health Portal. You can log in to the portal from any computer or mobile device that has access to the internet. If you need assistance with your username and/or password, please click the "New" or "Forgot Password?" links above the "Log In" button. You can also call your health coach for assistance.



## View the Program Activities and Your Points

Click on the Incentives tab on the homepage to view your activities and progress towards completing the incentive program. For additional information on each activity, click on a specific activity under the goals section. To see activities included in a goal, click the **+** button to expand the list.

Goal	Value	Date Confirmed
<b>+</b> <a href="#">Wellness Program Required Activities (30 points maximum)</a>	30 points	
<b>+</b> <a href="#">Preventive Screenings and Exams (70 points maximum)</a>	70 points	
<a href="#">Achieve Healthy Numbers for 3 of the 4 Biometric Values</a>	50 points	
<b>+</b> <a href="#">Improving Your Numbers (70 points maximum)</a>	70 points	

# 2021/2022 Atlantic Packaging Wellness Incentive Program

---

## Complete Your Activities

### Wellness Program Required Activities

- **Complete a Biometric Screening (10 points)**

Complete a biometric screening in one of the following ways:

- At the onsite screening at your branch.
- With a Primary Care Provider or at the Wellness Clinic for those in Tabor City. Take the biometric screening form and have your physician complete it. You can ask your site wellness coordinator for a copy of the biometric screening form or print it off from the Atlantic Wellness blog.

*\*Note: You can complete your biometric screening and annual physical with your PCP at the same time.*

- **Health Risk Assessment (10 points)**

Click on the Questionnaires tab on the Marathon Health Portal homepage or select the Health Risk Assessment activity on the Incentives page to complete the HRA. Points will be awarded automatically once you complete the questionnaire.

- **Complete a Comprehensive Health Review (10 points)**

This is an appointment with your health coach, where you will review the results from your biometric screening and HRA together. You can schedule this appointment by logging on to the portal, by contacting your Health Coach, or if you're located in Tabor City, by calling the Health Center.

### Preventive Screenings & Exams

- Complete an Annual Physical at the Health Center (Tabor City Employees) or with an Outside Provider (50 points)
- Complete a Preventive Age/Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/20 points max)

### Achieve Healthy Numbers for 3 out of 4 Biometric Values

- Complete your biometric screening and achieve 3 out of 4 healthy values (50 points)

### Improving Your Numbers

- Complete 2 Follow-up Health Coaching Visits after Comprehensive Health Review (50 points)
- Follow-up Health Coaching Visit #3 (10 points)
- Follow-up Health Coaching Visit #4 (10 points)

**NEW:** If your spouse is on the company insurance policy and has their yearly physical before August 31, 2022, they will be entered into a raffle drawing for an iPad.

# Wellness Incentive Program Proposal: Atlantic Packaging 2021-2022

Eligible Population: Employees

Program Dates: 9/1/2021- 8/31/2022

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

Preventative Screenings and Exams	Earned	Available
Complete an Annual Physical at the Health Center (Tabor City Employees) or with an Outside Provider	0	50
Complete a Preventative Age/ Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/ 20 points max)	0	20
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
Total :	0	

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

<b>Health Coach</b>	<b>Phone Number</b>	<b>Branch</b>
Luana Heidemann	224-301-0519	Atlanta
Eileen McKoewn	651-368-1092	Baltimore
Luana Heidemann	224-301-0519	Benton Harbor
Kendra Hopkins	404-710-7493	Charleston Corrugated
Eileen McKoewn	651-368-1092	Charlotte
Luana Heidemann	224-301-0519	Dallas
Luana Heidemann	224-301-0519	Dalton
Kendra Hopkins	404-710-7493	Greensboro Beechwood
Kendra Hopkins	404-710-7493	Greensboro Spring Garden
Kendra Hopkins	404-710-7493	Greenville
Eileen McKoewn	651-368-1092	Hickory
Luana Heidemann	224-301-0519	Remote Employees
Eileen McKoewn	651-368-1092	Sturgis
Kendra Hopkins	404-710-7493	Summerville
Brittany Canady	910-500-6257	Tabor City
Kendra Hopkins	404-710-7493	Wilmington
Kendra Hopkins	404-710-7493	Youngsville