



Atlantic Wellness Plan Eligibility Requirements & Wellness Insurance Premium Discount

Required Activities Checklist

Four Steps to Achieve Your Savings!

Employees are always working in the current year to receive the premium differential for the following plan year. To receive the premium discount for the next plan year (Oct. 1, 2023 – Sept. 30, 2024), all employees must complete the four required activities. **The deadline to complete these 4 activities is August 31, 2023.**

1 Biometric Screening

Biometric screenings can be performed at the onsite screenings held at most branches this fall or with your doctor during your annual physical using the attached form.

2 Annual Physical

Item will be marked as complete in the Marathon Health portal once the attached form is completed and returned.

3 One Preventative Exam

Item will be marked as complete in the Marathon Health portal once the attached form is completed and returned.

Qualifying Exams:

- Mammograms
- Colonoscopies
- Well-Woman
- Prostate Exam
- Dental Exam/Screening
- Preventative Skin Check
- Vision (Eye) Exam

4 One Health Coaching Appointment or One Behavioral Health Appointment with Our Marathon Health Team

These appointments can be scheduled by calling your Marathon Health Coach or Tiffany directly or using the Marathon Health Portal.

New This Year

If you missed the deadline to receive the discount for the 2022-2023 plan year, you can complete the four required activities to not only earn the discount for the 2023-2024 plan year, but we will also be moving employees to the wellness discounted rate monthly once all four required activities are completed.

Early Bird iPad Drawing

We will be doing a raffle drawing in May 2023 for an iPad for anyone who has completed the four required activities by April 30, 2023.

Non-Medical Plan Participants

Employees not on the Atlantic medical plan can still participate in the wellness program including biometric screenings, meeting with Marathon Health Coaches, and participating in all other wellness program workshops.

Spouses

All spouses are encouraged to get an annual physical. Any spouse who is covered by the Atlantic insurance plan who completes an annual physical will have their name entered into a drawing for an iPad. The drawing will take place in September 2023.

New Employees

New employees hired on or after March 2, 2022 can select the wellness discount when making their benefit selections and receive the premium discount for the remainder of the 2022-2023 plan year. They will also receive the discount for the 2023-2024 plan year but are required to complete the program requirements during that plan year to continue earning the discount moving forward.

