

The 2020-2021 School Year Lake Erie Regional Council Wellness Program


Effective January 1, 2021, all employees enrolled in Lorain's Health Insurance Program will receive the lower deductible, previously afforded only to employees who participated in the wellness program.

Employees enrolled in the Medical Mutual Plan can participate in this year's voluntary Medical Mutual Wellness Program. Wellness program participants will receive a Gift Card and a 32oz Titan's Water Bottle by completing the 3 steps within the Silver Level Reward tier below.

Complete all three for the Silver tier: Health Assessment, Health Screening & My Care Compare

Silver Level tier must be completed before moving onto the Gold level tier:

The Gold level rewards will be earned as follows:

- Participants who earn at least 150 points (+silver reward) will receive Lorain Titan gear. 
- Participants who earn at least 200 points (+silver reward) by March 31st will be entered into a drawing for a wellness basket – **two** baskets will be raffled. Including items such as –

- Fitbit Charge 4
- 6-piece Yoga Set
- Under Armor Duffle Bag
- Resistance Band Set



Participants who earn 250 points (+silver reward) by April 30th will receive one entry into the grand prize drawing for one of **two** NordicTrack Commercial Studio cycle.

- For every 25 points earned above 250 points, participants will receive an additional entry into the grand prize drawing



The wellness portal must be used to track and log all activities/care services:

<http://www.medmutual.com/member>

- **Up to 2 Preventive Care Services** | 50 Points Each
 - Eligible services are annual physical, mammography, gynecological, and coloscopy
- **Dental Exam With Routine Cleaning** | 50 Points
- **Physical Activity or Step Tracking** | 75 Points
 - Track 5,000 active minutes or 1,000,000 steps between Aug. 13, 2020 and April 30, 2021.
- **Up to 5 Individual Challenges** | 25 Points Each
 - Challenge must be 14 days or longer to qualify.
- **Up to 2 Online Health University Courses** | 50 Points Each

Portal: Log in to www.medmutual.com/member and select **Wellness Portal** from the Healthy Living drop-down.
Toll-Free: 1-855-553-1006
Email: WellnessSupport@medmutual.com

Remember, if you're not able to participate or meet the goals of your program, Medical Mutual Wellness can work with you and your doctor to find an alternative way to earn the reward.