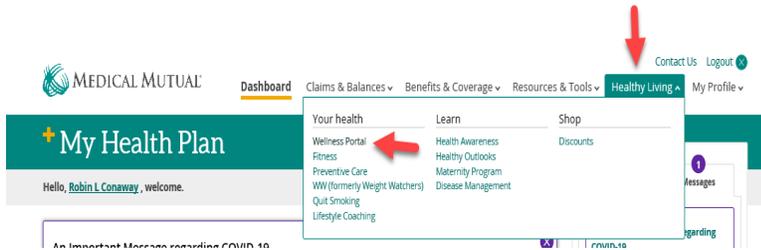




# LERC 2020 - 2021 Wellness Program

**Log in to the Wellness Portal at:**

[www.MedMutual.com/member](http://www.MedMutual.com/member) and select Wellness Portal from the Healthy Living drop-down.



**Note:** There is one wellness plan design for the entire LERC consortium. Please consult with your district administrator to clarify required steps for your district's wellness incentive.

## Wellness Portal Dashboard

**Step 1:** Complete the registration step at the top of the page. This is required to complete first to unlock all other activities. Once this step is completed you can explore the remaining steps for the program.



When scrolling down the Dashboard there is a pinned Resource section with PDF Materials and quick links to areas on the portal. These included: The Program Guide, My Care Compare brochure, the "Access Your Healthy Resources" (challenges, link a device, step and activity minute tracking) or Access Online Health University.



## My Plan Page

The My Plan page is where participants can review progress towards the program goals.

You can access My Plan through the left side navigation menu, by clicking View Details in the Payroll Contribution box, or by clicking View All of Your Activities at the bottom of the Activities window.

There are **three required activities** or Milestones that must be completed to meet the Silver Level. These activities have a “key symbol” to remind you of the program requirements.

**Note:** points for activities completed in the in the Gold Level will not display on the wellness portal until all activities in the Silver Level are completed.

### Require Activities or Milestones:

- ❑ **Complete the online health assessment.** Once completed, this step will show as in progress and within 24-48 hours, the status will be updated to completed.
- ❑ **Complete a health screening,** either on-site through your district or by downloading, completing and returning the provider screening form. This form can be found on the dashboard under Step 3 by selecting Go or View/Edit. Note: it can take up to 3 weeks for your status to show as complete from the time your health screening data is received.
- ❑ **My Care Compare.** This activity is not on the wellness portal. You must be on the Medical Mutual website to access. Log into [www.MedMutual.com/member](http://www.MedMutual.com/member), on the dashboard look for the below box to learn more and complete a search for estimated cost on a treatment.

My Care Compare is included in the wellness program for an awareness of the tool and helping to be better consumers of the LERC Medical Benefits.

This step will not show as completed until approximately 3-weeks after searching a treatment.

To view the status of each Milestone, click the dropdown. If the activity has been completed, there is a thumbs up icon. If the activity has not been completed, there is a flag indicating a result has not been received and the due date remains.

DUE 04/30/2021

**Complete a Health Assessment**

ACTIVITY	DUE DATE	STATUS
Health Assessment	04/30/2021	👍

If you missed an incentive, can't complete an activity or question the accuracy of a measurement from your screening, you can appeal the result and qualify for an alternate path to passing the measurement.

[FILE AN APPEAL](#)

[X CLOSE](#)

DUE 04/30/2021

**My Care Compare**

⚠️ A result has not been received for this criteria. Refer to your plan design for more details

ACTIVITY	DUE DATE
My Care Compare <a href="#">GO</a>	04/30/2021

**The Rewards tab is where the Gold Level program activities and statuses are listed.**

To review the status for an activity, click the dropdown. Once the Milestone activities are completed, there is a thumbs up icon, if the activity is completed. If the activity has not been completed, there is a flag indicating a result has not been received and the due date remains.

**My Plan**

Get the full details regarding this year's plan design, review your results from previous years and explore alternate ways to earn the max value for the year

[Program Guide](#) | [View results for...](#)

[MILESTONES](#) | [REWARDS](#)

**Activities**

The following are activities that you can complete to earn at least 200 points (+ the Silver Reward) for the Gold Reward.

Preventive Care Exams	DUE 04/30/2021	COMPLETED 4 of 2
Dental Visit	DUE 04/30/2021	
District Specific Wellness Activity	DUE 04/30/2021	
Physical Activity Minutes or Steps	DUE 04/30/2021	
Individual Challenges	DUE 04/30/2021	COMPLETED 0 of 5
Complete Online Health University Course	DUE 04/30/2021	COMPLETED 0 of 2

# Activities

The following are activities that you can complete to earn at least 200 points (+ the Silver Reward) for the Gold Reward.

**DUE 04/30/2021**

Preventive Care Exams
COMPLETED  
4 of 2

ACTIVITY	VALUE	DUE DATE	COMPLETED	STATUS
Annual Physical <span style="float: right;"><input type="button" value="GO"/></span>	50	04/30/2021	0 of 1	
Gynecological Exam	50	04/30/2021	1 of 1	✔
Mammogram	50	04/30/2021	1 of 1	✔
Colonoscopy Screening	50	04/30/2021	1 of 1	✔
Flu Shot	50	04/30/2021	1 of 1	✔

If you missed an incentive, can't complete an activity or question the accuracy of a measurement from your screening, you can appeal the result and qualify for an alternate path to passing the measurement.

## Activity Minutes and Step Tracking

From the My Plan page, scroll to the Physical Activity Minutes or Steps Goal

Participants can see here if they have completed enough Activity Minutes or Steps to meet the program goal.

**DUE 04/30/2021**

Physical Activity Minutes or Steps

🔔 You have not completed the minimum of events required for this category to be considered complete

ACTIVITY	DUE DATE	COMPLETED
5000 Activity Minutes <span style="float: right;"><input type="button" value="GO"/></span>	04/30/2021	0/5000
1000000 Walking Steps <span style="float: right;"><input type="button" value="GO"/></span>	04/30/2021	62960/1000000

To access Activity Minutes and Step tracking, participants can click the Go button next to the activity, or via the Access Your Healthy Resources link on the Dashboard.

- If a participant clicks one of the go buttons, they will be defaulted to the Devices page.
- If a participant clicks the Access Your Healthy Resources link from the dashboard, they will be defaulted to the Challenges Home page.

Physical Activity Minutes or Steps

A result has not been received for this criteria. Refer to your plan design for more details

ACTIVITY	DUE DATE	COMPLETED
5000 Activity Minutes <input type="button" value="GO"/>	04/30/2021	0/5000
1000000 Walking Steps <input type="button" value="GO"/>	04/30/2021	0/1000000

Once taken to the tracking site (a separate window will open), participants can view their Home page for their lifetime stats.

Participants can click the 'View/Hide your stats' dropdown on the Home page to see their lifetime Activity Minutes and Steps.

These numbers are cumulative for their lifetime submissions either via a synced device or manually tracked data. The tracking site does not track program periods or goal requirements. Lifetime minutes and steps will often not match the completed steps on the My Plan page as steps and minutes for the goal are required to be completed within the program window.

PROFILE      ACTIVITY



**Lifetime Stats**  
Cumulative overview

Hide your stats ▾

Activity Minutes  
🕒 28,560

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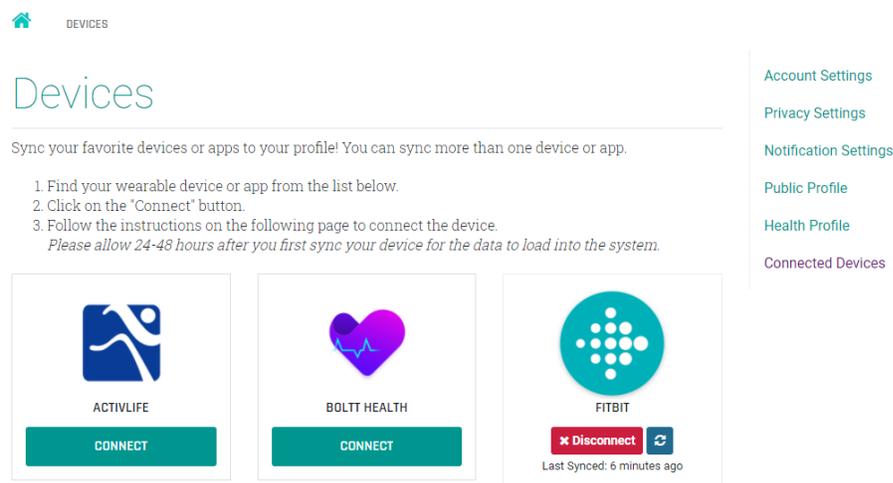
Steps  
👣 2,673,976

## Syncing Devices or Apps to Track Physical Activity

From the Challenges Home page, participants can click this link for device syncing.



On the Devices page, there are instructions to syncing your device or you can confirm or access your already synced device.



The Apple Watch cannot connect directly to the portal. However, there is a work around to link an Apple Watch to the Withings Health Mate App for step tracking. The Withings Health Mate app does not track activity minutes, most other compatible Apple Watch apps only track steps. Please review the SyncDevice instructions guide, page 2 for additional details.

## Self-report Physical Activity

From the top navigation bar, participants can access the Tracker page.

Participants can then select the activity they want to view. Fitness is where Activity Minutes are tracked.

Once the activity is selected, participants can select a date from the date picker to view their historical data or manually enter data. The date will default to today's date.

If a device is synced, participants can see the source of the data that was reported.

# Tracker

The tracker can be used to track many different aspects of your overall wellbeing. Click the tabs below to track each category and choose the day using the calendar.

0 Total calories consumed    75 Total fitness minutes    0 Average weight    0 Total sleep time    7843 Total steps taken    0 Total ounces of water

SELECT A DATE  
WEDNESDAY, SEPTEMBER 30, 2020

NUTRITION 🍴    
 FITNESS 🚴    
 WEIGHT 🏋️    
 SLEEP 🌙    
 STEPS 📊    
 WATER 💧

**STEPS** **SOURCE**

7843 FITBIT

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Example: 155 steps

ADD Recording for Wednesday, September 30, 2020

## Wellness Portal Support

For any technical or navigation questions, please outreach to our dedicated customer service team. We can guide where activities are located on the wellness portal and track, log, and resolve issues. We will also help with any questions of point and activity completion.

- Phone number: 1-855-553-1006
- Email: [WellnessSupport@medmutual.com](mailto:WellnessSupport@medmutual.com)