You spoke and we listened!

We are taking our wellness program back to basics. No more portal. No more waiting for claims to process. Physical gift cards sent at the end of the year. Our confidential wellness program is strategically designed to help our participants get and stay healthy, which saves money to individuals and the self-funded pool.

2019 WELLNESS PROGRAM ACTIVITIES

$50 – Health Screening
Get a biometric screening through It Starts With Me (ISWM) or at a Montana Health Center between July 1 and September 30, 2019.

- If you missed your screening date, visit www.mmiaEB.net/wellness to see a schedule of ISWM screenings or instructions on how to make an appointment at the Montana Health Center.

$50 – 80% Employee Participation
If 80% of eligible employees in your city/town get a health screening, all eligible employees, spouses, and retirees who got a health screening will get an extra $50.
Visit www.mmiaEB.net/wellness in October to see if your city/town made it!

$50 – Health Screening Review
Complete your Health Screening Review call before November 8, 2019. Once you receive your health screening results, go to www.mmiaEB.net/wellness and schedule a Health Screening Review call with a health coach. Schedule your call for a week out to ensure the health coaches have all the necessary data for your review.

$50 – Education
Watch the video at www.mmiaEB.net/wellness and submit a short quiz between July 1 and September 30, 2019. You will need to enter your information into the secure quiz system as it appears on your Benefit ID Card.

YOUR INCENTIVE MONEY

MMIA will tally your incentives and send a physical visa gift card for you to your city/town at the end of the year.

This program is developed in compliance with the EEOC wellness rules and does not violate anti-discrimination laws as laid down by the Americans with Disabilities Act and Genetic Information Nondiscrimination Act. Participation in this program is voluntary. MMIA maintains the privacy and security of your personally identifiable health information. For more information, view our EEOC Notice at www.mmiaEB.net/wellness.