



# 2021 Wellness Program Activities

This Wellness Program helps you get and stay healthy. That saves you and your self-funded benefit pool money!

Complete activities at [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness)

\$50

## Health Screening

Get a Health Screening through It Starts With Me (ISWM) or at a Montana Health Center between July 1 and September 30.

\$50

## Health Screening Review

Complete your Health Screening Review call before November 5 with Take Control. Schedule online once you've had your Health Screening.

\$50

## Education

Watch the video and complete the quiz between July 1 and September 30. You will need to enter your information into the secure quiz system as it appears on your benefit ID card.

\$50

## 80% Employee Participation

Get 80% of eligible employees in your city to do a Health Screening and everyone screened earns this incentive. Qualifying cities/towns will be posted in October.

NEW!

## Vitamin D Testing

This year's Health Screening includes vitamin D testing. Vitamin D affects everything from mental health to chronic conditions to your chance of getting Covid-19! If you test low, talk to your provider about options to improve your health.

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## Your Incentive Money

You do not need to report your incentive activities. MMIA will track your incentives and send physical gift cards to your city/town at the end of the year. You must be enrolled in an MMIA medical plan at the time of gift card distribution to receive your incentive.



The Montana Municipal Interlocal Authority reserves the right to alter the Wellness Program at any time.

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](http://www.mmiaEB.net/wellness).