



2022 WELLNESS PROGRAM ACTIVITIES

This year, our Wellness Program is all about balance. Balancing stress levels, nutrition, and physical activity are all key components of your overall health. Participating in the action steps below can earn you up to \$200 and also play an active role in achieving balance in your total wellness. This confidential program consists of four different incentive activities worth \$50 each, totaling \$200!

Complete these action steps at www.mmiaEB.net/wellness.

ACTION STEPS

- 1** Get a Health Screening through *It Starts With Me* or at the *Montana Health Center* between July 1 - September 30 and earn \$50.
- 2** Complete a 15-minute Health Screening Review call with a *Take Control* health coach. Schedule online once you've had your Health Screening. Complete your call by November 4 and earn \$50.
- 3** Watch the short Educational video and take a quiz online by September 30 and earn \$50.

★ BONUS INCENTIVE ★

If 80% of eligible employees in your city do a Health Screening, everyone screened earns another \$50!

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.