



# 2022 WELLNESS PROGRAM

## Frequently Asked Questions

### WHO QUALIFIES FOR THE WELLNESS PROGRAM AND INCENTIVES?

Every employee, spouse, and retiree enrolled in an MMIA medical plan is eligible to participate during the set dates of the annual Wellness Program, which runs July 1 – September 30.

### WHEN IS MY CITY OR TOWN HAVING THEIR HEALTH SCREENING EVENT?

The It Starts With Me (ISWM) Health Screening schedule is available in April at [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness).

If you live in an area with a Montana Health Center, screenings can be scheduled at any time, but make sure the date selected is between July 1 and September 30.

### HOW DO I SCHEDULE MY HEALTH SCREENING?

**It Starts With Me:** Visit [www.ItStartsWithMe.com](http://www.ItStartsWithMe.com) or call 1-866-932-6467. (Company code: 4339835)

**Montana Health Center:** Visit [www.MyPremiseHealth.com](http://www.MyPremiseHealth.com) and select “Biometric Screening Visit” or call 1-855-200-6822.

### HOW DO I SCHEDULE MY HEALTH SCREENING REVIEW CALL?

Set up your Health Screening Review call for about three weeks after your Health Screening date to ensure the health coaches have your results. Visit [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) and click “Schedule Call” on the \$50 Health Screening Review tile, where you can choose an appointment time using a secure site. Please do not wait too long to schedule, as appointment availability is limited. Calls must be completed by November 4.

### WHO WILL I TALK TO FOR MY HEALTH SCREENING REVIEW?

MMIA has partnered with our disease management vendor, Take Control, to perform completely confidential Health Screening Review calls. This is the same vendor that MMIA has been using the past few years. All participants will speak with a certified health coach about their Health Screening results. If you qualify for pre-hypertension, pre-diabetes, maternity management, or any other Take Control programs, you may be offered those resources as well.

### DO OTHER TYPES OF HEALTH SCREENING FOLLOW-UPS COUNT FOR AN INCENTIVE?

No. While a follow-up with your provider is recommended for some, only a Health Screening Review call with a Take Control health coach scheduled through [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) will count for an incentive. These health coaches offer important information regarding your benefits and programs available to you that your doctor may not know about.

### IS VITAMIN D TESTING STILL INCLUDED THIS YEAR?

Yes, vitamin D testing will be back by popular demand to impart further insight against the initial benchmark taken last year.

# Frequently Asked Questions continued

## **DO I HAVE TO REPORT MY ACTIVITIES TO MMIA IN ORDER TO TRACK MY INCENTIVES?**

No. Incentive tracking information is automatically reported to MMIA. However, we recommend you record the date/time of your HSR call and hold onto any confirmation emails you may receive after completing incentive activities until after you receive your gift card at the end of the year.

## **WHAT IS MY TIMELINE TO COMPLETE EACH ACTIVITY?**

**Health Screening:** July 1–September 30.

**Health Screening Review Call:** Complete by November 4.

**Education Incentive:** July 1–September 30.

**80% Employee Participation:** Results will be posted in October.

## **WHAT IS THE TOTAL POSSIBLE INCENTIVE AMOUNT I CAN EARN?**

Each incentive is worth \$50, for a total possible amount of \$200.

## **HOW WILL I RECEIVE MY INCENTIVES?**

Incentives will be sent in the form of physical gift cards in the amount you earned to your city/town representative by the end of the year. You will sign for your incentive and collect it from your city/town representative.

Please note that the gift cards will expire 12 months after their issue date, which is printed on the front of the card. They also have some rules and limitations, which can be found at [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) under the “Where’s My Money?” heading.

## **WHAT IF MY GIFT CARD IS LOST OR STOLEN?**

MMIA has no way of tracking lost or stolen gift cards. It is highly recommended that you register your gift card at [www.prepaid-usa.com](http://www.prepaid-usa.com) as soon as you receive it so it can be replaced if it is lost or stolen.

## **CAN I COLLECT INCENTIVES IF MY MEDICAL COVERAGE HAS TERMINATED?**

No. You must be enrolled on an MMIA medical plan at the time incentives are distributed to the cities/towns. If you are not enrolled, you are not eligible to collect a gift card, even if you were enrolled at the time of participation.

## **WHO SEES THE HEALTH INFORMATION THAT WAS COLLECTED AT THE SCREENING?**

Your information will never be shared with your employer. MMIA follows strict HIPAA standards. All data is maintained with strict confidentiality. The data is only shared with clinical staff, which may include a nurse case manager at Allegiance or a disease manager at Take Control, to perform Health Screening Review calls or to offer assistance for anyone who may be at high risk for chronic disease. The data is limited to only the values required to administer the incentive program. MMIA only contracts with vendors that follow strict HIPAA regulations and protocols.