



2023

MMIA
EMPLOYEE
BENEFITS

WELLNESS FAQ

I WANT TO PARTICIPATE IN THIS YEAR'S WELLNESS PROGRAM. WHERE DO I START?

All Wellness Program activities can be accessed from our wellness page at the URL below. You can also find all necessary information, such as the screening schedules, links to schedule appointments, FAQs, the program outline, and more.

WHO QUALIFIES FOR THE WELLNESS PROGRAM AND INCENTIVES?

Every employee, spouse, and retiree enrolled in an MMIA medical plan is eligible to participate; dependents, however, are not.

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

The It Starts With Me (ISWM) Health Screening schedule is posted in the spring on our wellness page. If you live in an area with a Montana Health Center, screenings can be scheduled for any time between July 1 and September 30.

HOW DO I SCHEDULE MY HEALTH SCREENING?

ISWM: Visit www.ItStartsWithMe.com or call 1-866-932-6467. (Company code: 5776371)

Montana Health Center: Visit www.MyPremiseHealth.com and select "Biometric Screening Visit" or call 1-855-200-6822.

HOW DO I SCHEDULE MY HEALTH SCREENING REVIEW (HSR) CALL?

Schedule your HSR call for about three weeks after your Health Screening date to ensure the health coaches have your results. Visit our wellness page and click "Schedule Call" on the \$50 Health Screening Review tile, where you can make an appointment using a secure site. Please do not wait too long to schedule, as appointment availability is limited. Calls must be completed by November 3.

WHO WILL I TALK TO FOR MY HEALTH SCREENING REVIEW?

MMIA has contracted with our disease management vendor, Take Control, to perform completely confidential HSR calls. This is the same vendor that MMIA has been contracting with 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 FOLLOW-UP CALLS WITH OTHER PROVIDERS 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 our wellness page 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.

GET STARTED & LEARN MORE

Scan the code or visit www.mmiaeb.net/wellness



WHAT IS MY TIMELINE TO COMPLETE EACH ACTIVITY?

Health Screening: July 1–September 30

80% Employee Participation: July 1–September 30. Results will be posted online in October.

Education Incentive: July 1–September 30

Health Screening Review Call: Complete by November 3

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 on to any confirmation emails you may receive after completing incentive activities until after you receive your prepaid VISA card at the end of the year.

WHAT IS THE TOTAL POSSIBLE INCENTIVE AMOUNT FOR THE 2023 WELLNESS PROGRAM?

There is a \$50 incentive for each of the four wellness activities, which means the total possible amount each participant can earn is \$200.

HOW WILL I RECEIVE MY INCENTIVES?

Incentives will be sent in the form of prepaid VISA 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 prepaid VISA 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 on our wellness page under the “Where’s My Money?” heading.

WHAT IF MY PREPAID VISA CARD IS LOST OR STOLEN?

MMIA has no way of tracking lost or stolen cards. It is highly recommended that you register your prepaid VISA card at 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 I AM NO LONGER ENROLLED ON AN MMIA MEDICAL PLAN?

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 your incentives, 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 HSR 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.



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