



2023 MMIA  
EMPLOYEE  
BENEFITS

# WELLNESS

HEALTH IS THE ULTIMATE PRIZE!  
ARE YOU READY TO PLAY?

EARN \$200



## HEALTH SCREENING

Get your Health Screening at It Starts With Me  
or a Montana Health Center.

July 1 - September 30



15 Minutes



## HEALTH SCREENING REVIEW CALL

Schedule and complete a Health Screening Review  
call with a Take Control health coach.

Schedule online once you've had your Health Screening.

By November 3



15 Minutes



## EDUCATIONAL VIDEO AND QUIZ

Watch the short educational video and take a quiz online.

By September 30



15 Minutes



## EMPLOYEE PARTICIPATION

BONUS

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

LEARN MORE

[www.mmiaeb.net/wellness](http://www.mmiaeb.net/wellness)



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).

Wellness incentives will be distributed to cities and towns by the end of the year. You must be enrolled on an MMIA medical plan at the time of gift card distribution in order to earn an incentive.