



# 2021 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.

### I'M A NEW EMPLOYEE. DO I QUALIFY FOR THIS PROGRAM?

New employees may participate in the Wellness Program if they complete the activities within the allotted timelines. Health Screenings completed before joining the MMIA Employee Benefits program will not count toward this Wellness Program. If you are a new employee and have missed your city's or town's on-site Health Screening, you may schedule one for a nearby *It Starts With Me* (ISWM) screening location or make an appointment at a *Montana Health Center* before September 30, 2021. (See "How do I schedule my Health Screening?" below.)

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

The ISWM Health Screening schedule is available at [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness).

The *Montana Health Center* Health Screenings can be completed anytime between July 1 and September 30. You can schedule your appointment prior to July 1, but make sure the date selected is between July 1 and September 30, 2021.

### 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: 2146937)

**Montana Health Center:** The Montana Health Centers are now managed by Premise Health. All Montana Health Center users will need to activate their Premise Health account by going to [www.MyPremiseHealth.com](http://www.MyPremiseHealth.com) or downloading the My Premise Health app and clicking "SIGN UP NOW."

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

Once you've received your screening results from ISWM or the *Montana Health Center*, visit [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) and click "Schedule Call" on the \$50 Health Screening Review tile. You will be taken to a secure scheduling system. Choose a time and date that is at least a week later than when you received your Health Screening results to ensure that your health coach has your data to review during your call. Please do not wait too long to schedule, as appointment availability is limited.

### VITAMIN D TESTING IS NEW THIS YEAR...WHY IS THIS INCLUDED?

Research shows vitamin D is connected to everything from bone health to mental health and many chronic conditions including heart disease, high blood pressure, diabetes, and some types of cancer. Additionally, a healthy vitamin D level has been shown to decrease the chances of Covid-19 infection and increase the chances of a good recovery. Many people in northern climates have low vitamin D levels, so this is particularly pertinent to our Montana population. Low vitamin D levels are also very easy to address and improve.

### 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.

## WHAT IS MY TIMELINE TO COMPLETE EACH ACTIVITY?

**Health Screening:** July 1–September 30, 2021.

**80% Employee Participation:** July 1–September 30, 2021. Results will be posted at [www.mmiaEB.net/wellness](http://www.mmiaEB.net/wellness) in October.

**Education Incentive:** July 1–September 30, 2021.

**Health Screening Review Call:** Complete by November 5, 2021. Schedule your Health Screening Review call for at least a week after you receive your Health Screening results, so your health coach has your data to review. Don't wait too long to schedule, as appointment availability is limited.

## WHAT IS THE TOTAL POSSIBLE INCENTIVE AMOUNT FOR THE 2021 WELLNESS PROGRAM?

The total possible incentive amount is \$200.

## 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 as soon as you receive it so it can be replaced if it is lost or stolen.

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

MMIA has contracted with our disease management vendor, *Take Control*, to perform Health Screening Review calls. 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.

## 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.

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

No. While a follow-up with your provider is recommended for some, only 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.

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

No, but it is a good idea to hold on to any confirmation emails you have received, such as after you complete and submit your quiz answers or after you complete your Health Screening Review call, until after you receive your gift card at the end of the year.

## 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 a gift card, even if you were enrolled at the time of participation.