



2019 Rewards Program

Eligibility:

- All MLH Employees including part time and per diem
- Spouses / Same Sex Domestic Partners enrolled in an MLH medical plan in 2019

Requirements:

1. Complete a Biometric Screening: Register for an onsite event at <https://pickatime.com/MainLineHealthSystem> or complete using the PCP Screening Form on the Biometrics tab at www.makinglifehealthy.org
 - a. Score in the “**Healthy Range**” (see back page) for all 3 biometric screenings results
OR
 - b. Complete one **Healthy Activity** (see back page)

NOTE: If you completed a screening in 2018, and scored in the Healthy Range (see back page) on all results, you do not need to complete a screening in 2019, and are exempt from this requirement.

2. Complete the Health Assessment by going to www.myactivehealth.com/makinglifehealthy, hover on “Records” at top of home page, then select Health Assessment
3. Complete a preventive care visit with your PCP between 10/1/17 and 9/30/19. Record this visit by clicking on the Rewards icon on the upper right corner of the home page

NOTE: As in prior years, employees can complete a Biometric Screening either at an onsite event or through their PCP’s office. Spouses should complete their screening through their PCP, and are not permitted to attend onsite screenings. PCP Screening forms are available on the home page of the portal or on the Biometrics tab on the Making Life Healthy intranet site www.makinglifehealthy.org

Rewards:

- Employees and/or spouses enrolled in an MLH medical plan – can **EACH** earn a \$30 per pay medical plan credit for the 2020 plan year.
- Non-enrolled employees – can earn a \$200 Cash Reward, payable in November each year.

New Hires: Between July 1, 2018 and June 30, 2019 have a separate Rewards plan which can be accessed on the Making Life Healthy Intranet site, under Rewards.

All requirements toward Rewards must be completed by **September 30, 2019.**

For assistance with the website, call ActiveHealth at 855-202-3999

Healthy Range for Biometric Screening Results:

NOTE: The healthy range for the cholesterol / HDL ratio will not be required for the 2019 program year.

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|-----------------|------------------|-----|------------------|
| Blood Pressure: | < 140 (Systolic) | AND | < 90 (Diastolic) |
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| Glucose: | Fasting | < 110 |
| | Random | < 160 |

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|----------------------|------------|--------------|
| BMI: | < 30 | |
| OR | | |
| Waist Circumference: | < 40 (Men) | < 35 (Women) |

Healthy Activities - If biometrics do not meet healthy range, complete at least one activity below to earn Reward

Care Coordination – For those with complex chronic conditions. Provided by DVACO (Delaware Valley Accountable Care Organization). Call 610-225-6277

Condition Management Health Coaching – Health Coaching for those with a health condition or diagnosis such as diabetes, heart disease, asthma, etc. Provided by DVACO Health Coaches. Call 610-225-6277

Health Coaching for Lifestyle Improvement – Health Coaching for fitness, healthy eating, stress reduction, etc. Coaching services provided by **ActiveHealth**; available June 3rd. Call 855-202-3999

Weight Management Program – For those who want to lose weight; options include **MLH Medical Weight Mgt.** (<http://www.mlhbenefitsexpress.org/weight-management.html>), DVACO Health Coaching; Health Coaching through Active Health (855-202-3999), Weight Watchers, Nutrisystem, RD visits, etc. Record at least 3 visits on the Rewards Center on the portal, after July 1.

Achieve 5% weight loss as measured by year over year biometric results. This will be calculated automatically, once the 2019 Biometric screening results are imported after July 1st.

Tobacco Cessation – For those who certified as “Plan to Quit” on their Benefits Enrollment. Programs include “SMOKEFree” offered by MLH Community Health (email Barb Siso at sisob@mlhs.org), or Health coaching by **ActiveHealth** Call 855-202-3999

Fitness Center participation – Self-report, after July 1st, that you have completed 40 visits at a health club between June 1, and Sept 30, 2019. NOTE – Audits may be completed to verify participation.

Fitness Tracking:

- Record 40 days of at least 30 minutes of physical activity on the portal between June 3rd and September 30th, 2019, or sync a device to record at least 7500 steps/day for 40 days