



2020 Rewards Program

Eligibility:

- All MLH Employees including part time and per diem
- Spouses / Same Sex Domestic Partners enrolled in an MLH medical plan in 2020

Requirements:

1. **Complete the Health Assessment** on the Making Life Healthy portal by going to www.myactivehealth.com/makinglifehealthy, hover on “Records” at top of home page, then select Health Assessment
2. **Complete a preventive care visit with your PCP** between 10/1/18 and 9/30/20. Record this visit by clicking on the Rewards icon on the upper right corner of the home page of the Making Life Healthy portal, and scroll down to the section for PCP visit.
3. **Complete a Biometric Screening:** Register for an onsite event (January – June 2020) or complete using the PCP Screening Form found in the “Resource” box on the Making Life Healthy portal home page.
 - a. **Note** – 2020 onsite Biometric Screening events will begin in mid-late January; the schedule will be communicated after January 1st.
4. **Score in the “Healthy Range”** on all 4 biometric screenings results (see back page for healthy range)

OR

Complete one Healthy Activity (see list on back page)

NOTE: As in prior years, employees can complete a Biometric Screening either at an onsite event or through their PCP’s office. Enrolled spouses/same sex domestic partners must complete their screenings through their PCP’s office and are not permitted to attend onsite screening events.

Rewards:

- Employees and/or spouses/same sex domestic partners enrolled in an MLH medical plan – can **EACH** earn a \$30 per pay medical plan credit for the 2021 plan year.
- Non-enrolled employees – can earn a \$200 Cash Reward, payable in November 2020.

New Hires/Newly Enrolled Employees between July 1, 2019 and June 30, 2020 can begin earning the medical plan credit in 2020 and in 2021, once they complete all of the program requirements. The 2020 medical plan credit will be applied within two pay periods after completing the final requirement.

All requirements toward Rewards must be completed by **September 30, 2020** to earn the credit for the 2021 plan year.

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

Healthy Range for Biometric Screening Results:

Blood Pressure:	< 140 (Systolic) AND < 90 (Diastolic)
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Cholesterol / HDL Ratio:	< 4.5
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Glucose:	Fasting	< 110
	Random	< 160

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). **Coaching should start prior to August 1, 2020.** 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. **Coaching should start prior to August 1, 2020.** Call 610-225-6277

Health Coaching for Lifestyle Improvement – Health Coaching for fitness, healthy eating, stress reduction, etc. Coaching services provided by **ActiveHealth**. **Coaching should start prior to August 1, 2020.** 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 Making Life Healthy portal.

Achieve 5% weight loss as measured by year over year biometric results.

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 that you have completed 120 visits at a health club between October 1, 2019 and Sept 30, 2020 on the Rewards Center on the Making Life Healthy portal. NOTE – Audits may be completed to verify participation.

Fitness Tracking:

- Record 120 days of at least 30 minutes of physical activity portal between October 1, 2019 and September 30, 2020 on the Rewards Center on the Making Life Healthy portal.
- Use a synced device to record at least 7500 steps/day for 120 days between October 1, 2019 and September 30, 2020 on the Rewards Center on the Making Life Healthy portal.