



## Employee Benefits Wellness Program 2015

The MMIA Employee Benefits Program is continuing to build on its successful wellness program. In 2015 you can continue to participate in proactive activities such as:

**Wellness Education Sessions:** Provides employees with information on numerous health strategies, including resources offered to you through your health plan.

**Biometric Screenings:** Tests include complete blood count, full metabolic chemistry panel, lipid test, blood pressure, thyroid test, height and weight and for males over 50, PSA test. Results are mailed within 7 days and if health risks are identified, you will be contacted immediately by a registered nurse to discuss any health risks.

**2015 Incentives for employees and spouses and dependents 18+ enrolled in the MMIA health plan:**

In 2015, you will be able to earn significantly greater incentives in 5 important Health Factors including Body Mass Index, Blood Pressure, LDL Cholesterol, Fasting Glucose (Blood Sugar) and Cotinine (Tobacco Use). You will be able to earn \$50.00 for participating in the screening and \$50.00 per Health Factor by either:

- Meeting the **Outcome** for that Health Factor  
OR
- Alternatively, by showing **Improvement** for that Health Factor from the 2014 to 2015 MMIA sponsored health screenings

The table below outlines the Outcome and Improvement per Health Factor for 2015 screening:

Health Factor	Possible Incentive	Outcome	OR	Improvement
Body Mass Index	\$50.00	≤ 28.5	OR	Reduce Body Weight by 5%
Blood Pressure	\$50.00	≤ 126/86 mm/hg	OR	Reduce Systolic and Diastolic BP by 5 mm/hg
LDL Cholesterol	\$50.00	≤ 130 mg/dl	OR	Reduce LDL Cholesterol by 10%
Fasting Glucose	\$50.00	≤ 99 mg/dl	OR	Reduce Glucose by 5 mg/dl
Cotinine (Nicotine Metabolite)	\$50.00	Non-tobacco user	OR	Complete a tobacco cessation program

**THE TOTAL INCENTIVE COULD BE UP TO \$300.00**

If you feel it would be difficult to reach any of the Outcomes or Improvements please contact It Starts With Me Health Solutions at (800) 425-6230.