



City of Macedonia Incentive Program



To: All Eligible Employees

From: Human Resources

Date: January 1, 2021

Re: Get Ready!! Get Set!! Go Wellness!!!!

Our Employee Wellness Program is ramped up and ready to hit the ground running! It is HR's goal to give you some health tools that can help you and your family become the healthiest you can and want to be!

Read on and take advantage as we begin to roll out the City of Macedonia's wellness red carpet for each of you! Get ready! You should have already registered, but if not, no worries, see the steps below:

Visit portal.bewelldata.com on your computer, tablet, or smartphone and enter your login credentials.

- Employee Username: Your Macedonia email address (example: JSmith@macedonia.oh.us)
- Employee Password: First 3 letters of birth month in CAPS + Last 4 of SSN (example: JAN1234)

Spouses whom are on the company medical plan are welcome to participate in the onsite biometric screening. If your spouse wishes to participate, their health portal credentials are:

- Spouse Username: COM-Spouse First Name.Spouse Last Name-SP (example: COM-John.Smith-SP)
- Spouse Password: Employee's first 3 letters of birth month in CAPS + Last 4 of SSN + SP (same as the employee's password + SP; example: JAN1234SP)

Participation in the wellness program is a healthy option that YOU can choose to be active in or not. Participation in completing the activities is completely optional. With that said, we hope you will choose to become more active and more aware of your health! We have an exciting year ahead of us and hopefully many more years to come!

Your input, ideas, and suggestions are always welcome as I continue to work with our Wellness provider to build our program and make the Employee Wellness Program awesome!

Send comments/questions to asmith@macedonia.oh.us and include "Wellness" in subject line or call me at 330-468-8353. I look forward to an energizing and exciting year in wellness and in working with each and every one of you!



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Be Well Solutions is pleased to present the 2021 Wellness Incentive Program for The City of Macedonia. Employees on the medical plan can earn PTO hours and a reduction on their co-insurance depending on their Wellness Status level (see below). Wellness status is determined by the number of points that you and your eligible spouse earn based on the activities in which you partake. 10% of points from the 2020 wellness program will be applied to your account.

Bronze	Silver	Gold	Platinum*	
2,000 points	5,000 points	8,000 points	10,000 points	One Adult
Health Risk Assessment & Biometric Screening	8,000 points	12,000 points	15,000 points	Two Adults
4 hours off	4 hours off	4 hours off	4 hours off	
		Employee pays 6.25% toward co-insurance	Employee pays 6.25% toward Co-Insurance	

**The maximum incentive a participant can earn by participating in the wellness program and reaching platinum status is 16 hours paid time off and employees will only pay 6.25% of their co-insurance.*

If you were unable to attend the onsite screening, you may go to your doctor for the required tests. To do so:

1. Download the Physician Screening Form from the Be Well portal located under My Wellness —> Program Forms & Information
2. Sign the Release of Information section and take the form to your doctor. Your doctor will need to enter the results from your screening and sign the form.
3. Follow the submission instructions on the form to send results to Be Well Solutions.

**Only biometrics collected between January 1, 2021 and December 1, 2021 will be accepted.*



Please review the following pages for a list of 2021 Wellness Points Offerings. If you have any questions, contact Be Well Solutions at 888-WEL.SERV or info@bewellsolutions.com



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Prevention			
Activity	Description	Points per Activity	Max Points
Health Risk Assessment (HRA)	Complete online/paper questionnaire that asks information on demographics, health status, diet and exercise, sleep habits and financial wellbeing.	1,000	1,000
Biometric Screening	Participate in the onsite biometric screening or visit your doctor and complete the off-site Physician Screening Form.	1,000	1,000
Health Fair Attendance	Visit required number of health fair vendors.	500	500
Healthy Numbers - Fasting Glucose	National Institutes of Health (NIH) Standard: <100 mg/dL	250	250
Healthy Numbers - LDL Cholesterol	NIH Standard: <100 mg/dL	250	250
Healthy Numbers - Blood Pressure	NIH Standard: <120/80	250	250
Breast Cancer Screening (Mammogram)*	Breast Cancer screening options were reviewed and the patient should be considered current.	500	500
Cervical Cancer Screening (Pap Test)*	Cervical Cancer screening options reviewed and the patient is currently up to date.	500	500
Prostate Cancer Screening Exam (PSA or Physical Exam)*	Prostate Cancer screening options were discussed and patient is up to date.	500	500
Colon Cancer Screening (Colonoscopy or other)*	Colon Cancer screening and prevention strategies reviewed and up to date.	500	500
Dental Exam*	Complete routine/preventive dental exam and cleaning. (2 times per year)	500	1,000
Vision Exam*	Complete routine/preventive annual vision exam.	500	500
Flu Vaccine*	Submit verification of flu vaccination.	500	500
Smoke & Tobacco Free Declaration*	Complete the declaration statement if you have been smoke & tobacco free for a minimum of 90 days.	250	250

*Activities with asterisks can be uploaded via the portal.



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BWS Activity			
Activity	Description	Points per Activity	Max Points
28-Day Wellness Challenges	Complete a 28-day wellness challenge. The wellness challenges are offered once per quarter. (4 opportunities)	500	2,000
Health Coaching	Set your personal health goals and receive support along the way by participating in telephonic health coaching with a certified health and wellness coach. (10 sessions)	250	2,500
Nutrition Counseling	Work with a registered, licensed dietitian. These sessions may be done telephonically or via email through Be Well Solutions or another dietitian of your choosing. (10 sessions)	250	2,500
BWS Educational Videos	Watch online video and pass the corresponding quizzes. Videos refreshed quarterly, 3 videos per quarter. Each video has 2-3 corresponding quizzes. (max point value 10/12 videos)	200	2,000
BWS Scavenger Hunt*	Complete the BWS Scavenger Hunt and get to know more about your health partner and how they can support your personal wellness journey.	250	250

**Activities with asterisks can be uploaded via the portal.*



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Self-Directed			
Activity	Description	Points per Activity	Max Points
Mindfulness*	Participate in a structured yoga or meditation session for at least 30 minutes and take care of your mind, body and spirit. Days do not have to be consecutive. (25 sessions max)	100	2,500
Physical Activity*	Exercise for at least 30 minutes a day. Days do not have to be consecutive. (25 days max)	100	2,500
Wellness Promoter*	Describe how you promote wellness at the City of Macedonia in such a way that supports or encourages the participation of your fellow employees in wellness programming with the city. (2 opportunities)	250	500
What is Your Why?*	Complete the "What is Your Why" exercise to identify why wellness is important to you.	250	250
Wellness Your Way*	Describe your own, self-directed or chosen wellness activity. (2 opportunities)	250	500
Step Challenge*	Track at least 10,000 steps/day for a max of 50 days. Days do not need to be consecutive.	50	2,500
Move for a Cause*	Participate in a walk/run/ride event. This includes 5k/10k/half/full marathons. (4 opportunities)	250	1,000
Community Wellness*	Volunteer for a charitable organization or community event of your choice. Must be a 2-hour or more commitment. (4 opportunities)	250	1,000
First Aid/CPR Certification*	Submit proof of First Aid or CPR Certification.	250	250
City of Macedonia "Pop-Up" Challenges	Participate in challenges run by the City of Macedonia. List of employees who complete challenges will be sent over by HR. (4 events per year).	500	2000

*Activities with asterisks can be uploaded via the portal.