

## Join the Engage Portal

Log into the Engage portal to track wellness program progress, complete activities, and redeem incentives.

<https://portal.healthspective.com/mmia>

### Having trouble with the Engage Wellness Portal?

The Engage Wellness Portal works best when using Mozilla Firefox or Google Chrome browsers. If you are using Internet Explorer and having issues, please try a different browser.

Still need help? Call 1-832-201-8500 (option 4) or email [info@dhsgroup.com](mailto:info@dhsgroup.com). Leave as much detail as possible about the problem including your name and phone number.

*It may take up to 24 hours for DHS to respond.*

## 2018 Wellness Program Activities



**\$50** — Log into <https://portal.healthspective.com/mmia> between July 1, 2018 and June 30, 2019. Fill out the Health Risk Assessment and watch a short video on the Engage portal.



**\$50** — Get a biometric screening through It Starts With Me or the Montana Health Center between July 1 and September 30, 2018.

- If you missed your screening date, visit [www.mmia.net/getwellthy](http://www.mmia.net/getwellthy) to see a schedule of ISWM screenings or instructions on how to make an appointment at a Montana Health Center.
- Your screening results and incentives will appear in the Engage portal about two weeks after your screening. If you do not see your results, check back the following Tuesday.
- If results still are not there, call DHS 1-832-201-8500 (option 2) or email [info@dhsgroup.com](mailto:info@dhsgroup.com).



**\$50** — If 80% of eligible employees in your city/town get a health screening, all eligible employees, spouses, and retirees who got health screenings will get an extra \$50. This incentive will post to the Engage portal in October.



**\$50** — Engage with a Get Wellthy Health Coach.

- Once your biometric health screening results appear in the Engage portal, you will be able to click “Schedule Follow-up” on the “Engage with Get Wellthy Health Coach” tile.
- Make an appointment within 45 days after your biometric screening results show up on the portal.
- You must get a health screening to qualify for this incentive.
- No other follow-up appointments or coaching will count for this incentive.



**\$50** — Get an immunization or preventive cancer screening.

- Your immunization or cancer screening must take place within the plan year (July 1, 2018-June 30, 2019).
- You can view a comprehensive list of eligible immunizations and cancer screenings at [www.mmia.net/getwellthy](http://www.mmia.net/getwellthy).
- Eligibility for immunizations and screenings is based on recommendations of the Center for Disease Control and the U.S. Preventive Service Task Force (USPSTF). Timing and appropriateness of any screening(s) or immunization(s) should be determined by consulting your provider. *PSA tests are not recommended by the USPSTF and will not count toward this incentive.*
- Your activity must be sent as a claim to Allegiance or Proact and will then automatically report to the Engage portal. It could take up to two months to appear in the portal.

# Engage Portal Details

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## How to Register for the HealthSpective Engage Portal

1. Go to <https://portal.healthspective.com/mmia>. If the page doesn't load, refresh your browser or re-type the URL.
2. Click "Create an account."
3. Register your account.
  - A) Enter your email and click "Send."
  - B) Check your email right away for a message from DHS (might be in your junk email).
  - C) Click the link on the email within five minutes of clicking "Send" to continue the registration process.
4. Enter your information as it appears on your benefit ID card.

## How to Access Your \$\$\$

No physical gift cards will be distributed this year. If you complete an incentive activity, you will access and collect your reward by doing the following:

1. Log into <https://portal.healthspective.com/mmia>\* and click the "Engage" icon.
2. Click "TOTAL INCENTIVE EARNED: \$" in the top right corner.
3. Choose a reward option. You may choose from a variety of digital gift cards in \$25 or \$50 increments, direct deposit to your bank account, or a combination of both.

More on Direct Deposit:

- If you have trouble connecting your bank account for direct deposit, click "Connect a different way" and enter your bank account # and routing #.
- If you choose direct deposit, any incentives you earn will be deposited into your bank account the first week of each month.
- If you would like to change your selection, you can do so at any time by following the directions above.

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## The Fine Print

Total Possible Incentive: \$250

In order to receive an incentive, you must be enrolled on an MMIA medical plan and registered with the Engage portal. If you are no longer on an MMIA plan, you will not have access to Engage and will not be eligible to receive an incentive.

Montana Municipal Interlocal Authority Employee Benefits reserves the right to alter the Wellness Program at any time.

*This program is developed in compliance with the EEOC wellness rules and does not violate anti-discrimination laws as determined by the Americans with Disabilities Act and Genetic Information Nondiscrimination Act. Participation in this program is voluntary. MMIA maintains the privacy and security of your personally identifiable health information. For more information, visit [www.mmia.net/eoc-notice/](http://www.mmia.net/eoc-notice/).*