

BACK TO BASICS



2019 MMIA EMPLOYEE BENEFITS WELLNESS PROGRAM

Lower Stillwater Lake – Photo by Travel Montana



You spoke and we listened!

We are taking our wellness program back to basics. No more portal. No more waiting for claims to process. Physical gift cards sent at the end of the year. Our confidential wellness program is strategically designed to help our participants get and stay healthy, which saves money to individuals and the self-funded pool.

2019 WELLNESS PROGRAM ACTIVITIES



\$50 – Health Screening

Get a biometric screening through It Starts With Me (ISWM) or at a Montana Health Center between July 1 and September 30, 2019.

- *If you missed your screening date, visit www.mmiaEB.net/wellness to see a schedule of ISWM screenings or instructions on how to make an appointment at the Montana Health Center.*



\$50 – Health Screening Review

Complete your Health Screening Review call before November 8, 2019. Once you receive your health screening results, go to www.mmiaEB.net/wellness and schedule a Health Screening Review call with a health coach. Schedule your call for a week out to ensure the health coaches have all the necessary data for your review.



\$50 – 80% Employee Participation

If 80% of eligible employees in your city/town get a health screening, all eligible employees, spouses, and retirees who got a health screening will get an extra \$50.

Visit www.mmiaEB.net/wellness in October to see if your city/town made it!



\$50 – Education

Watch the video at www.mmiaEB.net/wellness and submit a short quiz between July 1 and September 30, 2019. You will need to enter your information into the secure quiz system as it appears on your Benefit ID Card.



YOUR INCENTIVE MONEY

MMIA will tally your incentives and send a physical visa gift card for you to your city/town at the end of the year.