

800-635-3089
www.mmia.net

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Special Wellness Edition!



Introducing a New Way to **GET WELLTHY!**

The MMIA Employee Benefits program has achieved great success over the last few years with an outcomes-based wellness program. Participation has increased 18% since 2015. In an effort to build on this momentum and take the program to the next level, MMIA has made some changes to the program.

Why Wellness?

MMIA offers incentives for participating in certain activities proven to help you stay healthier. Remember, you are part of a self-funded pool with 83 other Montana cities and towns. That means your health care premiums depend on the cost of care and how much people use it. When you are healthy and keeping a close eye on new or chronic health conditions, you can avoid costly ER visits and hospitalizations. This saves you money and helps keep premiums lower for everyone in the pool.

What's New

1. The wellness program is no longer outcomes-based. Instead of linking your incentive directly to your biometric screening results, we are incentivizing you to participate in certain wellness activities.

2. Participants will now track and complete activities and collect incentive dollars online. Create a login at <https://portal.healthspective.com/mmia>.
3. Physical gift cards will no longer be sent out. If you complete incentive activities, you must log into the portal above to get your money.

What's the Same?

1. The information collected for the wellness program is completely confidential and secure. Your employer will never see your health screening results or any other private health information.
2. All wellness program activities are voluntary and no-cost to you.
3. Eligible employees, retirees, and spouses covered on an MMIA Employee Benefits health plan can earn incentives through this program. ■

Wellness Activities

\$50 — Complete the Engage Health Risk Assessment (HRA) and watch the video by June 30, 2019.

Log into the Engage portal at <https://portal.healthspective.com/mmia>. *First-time registrants: follow the instructions on page 4.* Complete your HRA and watch the video using the button on the Health Risk Assessment & Video Tile.

\$50 — Biometric Screening between July 1 and September 30, 2018.

Complete a screening at an on-site clinic through It Starts With Me (ISWM) or a Montana Health Center located in Helena, Missoula, Anaconda, Butte, or Billings. Visit www.mmia.net/getwellthy to see an updated schedule of ISWM screenings or instructions on how to make an appointment at a Montana Health Center. Your screening results and incentive will appear in the Engage portal in one to two weeks after your screening is completed.

\$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. The incentives for cities/towns that achieved 80% employee participation will be posted in the Engage portal in October.

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

1. Complete your biometric screening.
2. Wait 1-2 weeks for your biometric screening results to show up on the Engage portal.
3. Click, "Schedule Follow-up" on the "Engage with Get Wellthy Health Coach" tile.
4. Complete your call with the certified health coach within 45 days of when your biometric screening results posts to the Engage portal.

\$50 — Get an immunization or an age/gender-appropriate cancer screening.

Your immunization or cancer screening must take place within the plan year (July 1-June 30). You can view a comprehensive list of eligible immunizations and cancer screenings at www.mmia.net/getwellthy. We follow the recommendations of the Center for Disease Control and the U.S. Preventive Service Task Force (USPSTF) in determining the eligibility of immunizations and cancer screenings**. Timing and appropriateness of any screening(s) or immunization(s) should be determined by consulting your provider.

Not all immunizations and eligible cancer screenings are considered preventive. USPSTF-recommended cancer screenings with grades A, B, or C will be covered at 100% by your medical plan once per plan year. If your screening is listed below in the USPSTF guidelines but has a grade of "D" or "I", it will not be covered at 100%, but will still be eligible for the incentive. See your Summary Plan Document at www.mmia.net/employee-benefits for more details.

Your activity will automatically report to the Engage portal, but could take up to two months to appear. Please note, any immunizations must be processed through your benefits in order to be counted toward an incentive. For example, if you have your flu shot through the county health department and they do not take your insurance, you will need to submit your receipt to Allegiance to process benefits in order for that immunization to appear in the Engage portal.

**You must get a biometric screening to qualify for this incentive.*

***PSA tests will not count toward this incentive, as it is not a recommended screening under the USPSTF.* ■

FY 2018-2019 Wellness Timeline





Wellness FAQs

Q: WHO QUALIFIES FOR THE WELLNESS PROGRAM AND INCENTIVES?

A: Every employee, spouse, and retiree enrolled in an MMIA medical plan qualifies. Dependents are not eligible for incentives.

Q: IS THE ENGAGE PORTAL SECURE?

A: Dynamic Health Strategies (DHS) is the company that runs HealthSpective Engage. DHS complies with the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and its amendments. DHS has implemented safeguards to ensure the protection of Protected Health Information (PHI) and is SOC-2 certified. Safeguards include administrative procedures, physical data safeguards, electronic data access security, and network security that comply with legal requirements currently being used to ensure the protection of private health information.

Q: DOES TALKING TO MY DOCTOR ABOUT MY HEALTH SCREENING RESULTS COUNT FOR AN INCENTIVE?

A: No. You must speak with a Get Wellthy Health Coach by making an appointment through the HealthSpective Engage portal in order for it to count toward your incentive.

Q: DOES MY IMMUNIZATION COUNT IF I GET IT THROUGH THE LOCAL HEALTH DEPARTMENT?

A: In order for an immunization to appear in the portal, it must be processed through your benefits. If your health department does not bill your health plan, you may get a receipt and submit it to Allegiance on your own to process benefits.

Q: WHAT HAPPENS TO MY REWARDS IF I AM NO LONGER ENROLLED ON AN MMIA MEDICAL PLAN?

A: If you are not enrolled on an MMIA medical plan, you will not have access to the Engage portal and will not be eligible to retrieve incentives.

Q: DO REWARDS EXPIRE?

A: Rewards do not expire at this time. However, we recommend you collect your incentive earnings in the Engage portal before June 30, 2019.

More Information

If you're having trouble with the portal, call DHS Group, who manages the HealthSpective Engage portal, at 1-832-201-8500 option 2 and leave a message. A team member will get back to you in a day. For questions about the incentive activities, and more, call MMIA Employee Benefits at 1-800-635-3089 option 4 or visit www.mmia.net/getwellthy. ■



The EAP Solves Problems

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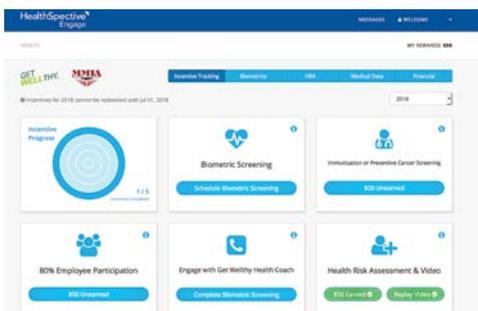


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The Wellness Portal

How to Register for the HealthSpective Engage Portal:

1. Go to <https://portal.healthspective.com/mmia>.
2. Click “GetWellthy” under the ENGAGE icon.
3. Enter your personal information. (You do not need to enter an “Invitation Code.”)
4. After you click “Register,” you will be asked to verify your personal information in order to join the MMIA group. Enter your first and last name as it appears on your benefit ID card. You do not need to include a middle initial. This is an important step to protecting your private information.



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>.
2. Click “MY REWARDS” 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 Information about Direct Deposit

If you select direct deposit, any funds available in the portal will automatically be sent to your bank account on the first of each month. You can change this option by logging into the HealthSpective Engage Portal. ■

Problem with the portal?
Contact the DHS Group at info@dhsgroup.com
or calling 1-834-201-8500 option 2
(leave a message and they will call back).