

# Enjoy the rewards of healthy living.

Earn your rewards for 2021 by completing the activities below.



| ACTIVITY                                    | ACTIONS   | DUE DATE                                | VALUE   | EARNING FREQUENCY |
|---|---|---|---|-------------------|
| <b>INCENTIVE ACTIVITIES</b>                 |   |   |   |                   |
| <b>Annual Preventive Physical</b>           | Download the Preventive Physical Form from <a href="http://www.mympcwellallways.com">www.mympcwellallways.com</a> , bring to your appointment and submit afterward. | 12/31/2021                              | <b>\$400</b> for employees who complete the physical and Health Assessment<br><b>\$200</b> for eligible spouses and domestic partners | 1x/year           |
| <b>Online Health Assessment</b>             | Complete the online Health Assessment at <a href="http://www.mympcwellallways.com">www.mympcwellallways.com</a> .   | 12/31/2021                              | <b>\$400</b> for employees who complete the physical and Health Assessment<br>Spouses/qualified domestic partners earn 100 points.    | 1x/year           |
| <b>QUARTERLY CHALLENGES</b>                 |   |   |   |                   |
| <b>StayWell Step Challenge</b>              | Track 10,000 steps on at least 20 days during the challenge.  | Online event runs Q3<br>8/1-8/31/2021   | 250 points  | 1x/year           |
| <b>StayWell Sleep Challenge</b>             | Track 8 hours of sleep on at least 20 days during the challenge.  | Online event runs Q1<br>3/1-3/31/2021   | 250 points  | 1x/year           |
| <b>StayWell Mental Well-Being Challenge</b> | Track feel-good activities on at least 20 days during the challenge.  | Online event runs Q2<br>5/1-5/31/2021   | 250 points  | 1x/year           |
| <b>StayWell Nutrition Challenge</b>         | Reach for a healthier snack for at least 20 days during the challenge.  | Online event runs Q4<br>11/1-11/30/2021 | 250 points  | 1x/year           |
| <b>HEALTH COACHING</b>                      |   |   |   |                   |
| <b>Health Coaching</b>                      | Complete 3 calls virtually or telephonically with a health coach  | 12/31/2021                              | 250 points  | 1x/year           |
| <b>PREVENTIVE CARE</b>                      |   |   |   |                   |
| <b>Annual Flu Shot</b>                      | Record the name of your health care provider and the date on the My Current Progress tab in your wellness portal account.   | 12/31/2021                              | 50 points   | 1x/year           |
| <b>Preventive Dental Visit</b>              | Record the name of your health care provider and the date on the My Current Progress tab in your wellness portal account.   | 12/31/2021                              | 100 points  | 1x/year           |
| <b>Annual Eye Exam</b>                      | Record the name of your health care provider and the date on the My Current Progress tab in your wellness portal account.   | 12/31/2021                              | 100 points  | 1x/year           |
| <b>Age/Gender Appropriate Screenings</b>    | Complete a gender and age appropriate screening (e.g., mammogram, colonoscopy, etc.)  | 12/31/2021                              | 100 points  | 1x/year           |
| <b>OTHER</b>                                |   |   |   |                   |
| <b>EAP (Employee Assistance Program)</b>    | Utilize the MPC Anthem EAP  | 12/31/2021                              | 100 points  | 4x/year           |
| <b>Tobacco Free Attestation</b>             | Log on to your wellness portal account and enter your initials and the date to attest to your tobacco-free status   | 12/31/2021                              | 100 points  | 1x/year           |
| <b>Community Health Activity</b>            | Participate in a local community event (e.g., 5K, team walk, triathlon)   | 12/31/2021                              | 50 points   | 4x/year           |
| <b>e-Learning Sessions</b>                  | Complete interactive e-learning sessions on a variety of well-being topics at the wellness portal   | 12/31/2021                              | 10 points/session (up to 10 sessions)   | 10x/year          |
| <b>Attend a Well-Being Webinar</b>          | Attend a well-being webinar provided by Well ALL Ways   | 12/31/2021                              | Employees only: 75 points (up to 8 events)  | 8x/year           |
| <b>Let's TALK Workshop</b>                  | Attend a Let's Talk Mental Health Awareness Workshop  | 12/31/2021                              | Employees only: 100 points  | 1x/year           |
| <b>My Fuel Contest</b>                      | Submit a photo for our annual summer contest  | 12/31/2021                              | Employees only: 50 points   | 1x/year           |

### WIN A \$50 GIFT CARD FOR TAKING HEALTHY ACTIONS!

Earn 250 points each quarter for your chance to win.

**Quarter 1:** 1/1-3/31/2021 **Quarter 2:** 4/1-6/30/2021 **Quarter 3:** 7/1-9/30/2021 **Quarter 4:** 10/1-12/31/2021

**Additional bonus drawing for those who reach 1,000 total points or more in 2021!**

Register for the wellness portal at [www.mympcwellallways.com](http://www.mympcwellallways.com) to view, report and track activities. You can find activities information in the My Current Progress tab or from your dashboard. For questions, contact StayWell Customer Service at **877-711-9311** or [MPCSupport@StayWell.com](mailto:MPCSupport@StayWell.com).