

# 2021 Well ALL Ways Activity Overview

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, Health Assessment and COVID-19 vaccination status <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, Health Assessment and COVID-19 vaccination status Spouses/qualified domestic partners earn 100 points	1x/year
<b>Provide COVID-19 Vaccination Status</b>	Record your COVID-19 vaccine <b>or</b> complete the declination on the <a href="#">Health Services Employee Portal</a>	12/31/2021	<b>\$400</b> for employees who complete the physical, Health Assessment and COVID-19 vaccination status Employees also earn 250 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 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 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 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 11/1-11/30/2021	250 points	1x/year
<b>HEALTH COACHING</b>				
<b>Health Coaching</b>	Complete 3 calls virtually or telephonically	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).