



# Wellness Is a Family Affair

Spouses and domestic partners who are enrolled in an MPC medical, dental and/or vision plan can participate in Marathon Petroleum's Well ALL Ways Program to enjoy resources and rewards. It starts with registering on our wellness portal so your spouse or partner can enjoy videos, recipes, activities, a health assessment and more to fuel a healthy family lifestyle.

### REGISTERING ON THE PORTAL AS A SPOUSE/DOMESTIC PARTNER

Go to [www.mympcwellallways.com](http://www.mympcwellallways.com) or download the My StayWell app to create your new account. Choose the spouse/domestic partner option and follow these steps:

1. Click the "Sign Up" link.
2. Select that you're a spouse/domestic partner from the drop-down Affiliation menu.
3. Enter your own date of birth.
4. Enter your spouse/partner's employee ID but add an "S" at the end. (Example: 12345678S).
5. Provide first and last name and your email address. (This email address will be your username.)
6. Create a password.

Your privacy and GINA rights are important to us, so you'll also be asked to read and accept their terms. Once you're done creating an account, you can complete the online Health Assessment or choose to complete it later. Then, you'll be prompted to join a team to complete your registration. To get started, select "TEAM OF ONE." You can always start or join a team later for motivation and support.

### REGISTER TO ENJOY THE REWARDS OF HEALTHY LIVING!

Eligible spouses and domestic partners can earn \$200 for participating in the Well ALL Ways Program if they complete the following steps by Dec. 31, 2021:

- Register for a wellness portal account
- Complete an annual preventive physical
- Submit the Preventive Physical Form; available for download at [www.mympcwellallways.com](http://www.mympcwellallways.com)

Plus, participate in healthy activities like health coaching, personal wellness goal-tracking challenges and more to collect points for the chance to be entered in quarterly raffles for Amazon gift cards!

Visit [www.mympcwellallways.com](http://www.mympcwellallways.com) or get the My StayWell app to register today and learn more.