



Your health and wellness are very important to us at M&M Cartage! By participating in M&M Cartage's Wellness Program, you are provided the opportunity to earn a premium discount on your medical insurance. Our Wellness Program consists of a biometric screening, health risk assessment, and other activities you will be able to earn points for through the Go365 program.

If you would like to participate in the Wellness Program for a premium discount, here are your first steps.

- Enroll in benefits as soon as you can. You cannot participate in the Wellness Program until you are enrolled in insurance with M&M Cartage. If you wait too long, you will not receive your premium discount on your insurance in a timely manner.
- Call our onsite Sentry Health Nurse Practitioner at 1-866-584-4163. Tell them you are a new employee and you would like to schedule the biometric screening. Don't worry – M&M Cartage will never see your results. They are forwarded to our designated wellness coordinator at our insurance broker. They will upload your results to your Go365 account and will only send M&M Cartage your points earned so they can be applied to your premium discount. If you are an offsite employee, Sentry Health will set you up with a Lab Corp certificate.
- Download the Go365 app on your smart phone or go online to [www.Go365.com](http://www.Go365.com) and create your account.
- Once your account is created, your points from your biometric screening will be uploaded. You will also need to take the health risk assessment through Go365.
- There are many ways through Go365 to earn points! See attached flyers for more information.

The Go365 program makes it fun and easy to reach health goals and thrive at any age. Take steps to engage and adopt healthier behaviors and move up in status level, earning points and rewards for your progress. Completing prevention activities, verifying workouts, participating in community events are just some of the ways you can earn points! This packet includes the following information in order for you to learn more and contains the following:

- Go365 Member Registration Guide
- Employee Standard Points Guide
- Connecting Fitness Devices and Apps Guide

Call Stacey at ext 236 if you have any questions!