



## Wellness Program and WellRight Information

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 WellRight platform.

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 and your insurance is effective with M&M Cartage. If you wait too long, you will not receive your premium discount on your insurance in a timely manner.
- Once you are enrolled in medical insurance, you will soon after receive an email from WellRight with your login credentials. Download the WellRight app on your smart phone for easier access. In WellRight, you will complete a health risk assessment and complete other activities to earn points toward a cheaper insurance premium.
- Schedule your biometric screening. This can be completed by your primary care physician, or you can make an appointment at a Labcorp or The Little Clinic in Kroger. Attached is the form you will take with you and the results that are needed to submit to WellRight for points. Don't worry – M&M Cartage will never see your results. You will forward them directly to the Wellness Coordinator, Brittany. Her information is attached to the biometrics form. She will upload your results to your WellRight account and will only send M&M Cartage your points earned so they can be applied to your premium discount. As a reminder, you must wait until your effective date on the insurance plan before you can schedule your biometric screening.

The WellRight 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! We will even have prizes some months for challenges.

Call Stacey at ext 236 if you have any questions!