

January 1<sup>st</sup> – December 31<sup>st</sup>, 2023  
Wellness Program Guide



The goal of the M&M Cartage Wellness Program is to support you in your commitment to a healthy lifestyle. This guide explains what you need to do to live healthier and earn your incentive for participation.



# Steps to Wellness

## Wellness Plan

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. WellRight makes it fun and easy to reach health goals and thrive at any age. Take steps to engage and adopt healthier behaviors.

All information collected for the wellness plan will be kept confidential and will be subject to HIPAA reporting requirements. No one at M&M will have access to employee specific data and results.

## Wellness Plan Breakdown

Our 2023 program will start on January 1, 2023 and end on December 31, 2023. This is a **7500+** point challenge, and for each level you achieve, you will earn a discount on your medical insurance premium.

**Tier 1**

**Tier 2**

**Tier 3**

**Tier 4**

**7500+ Points**

**5000 Points**

**3500 Points**

**1500 Points**

**Weekly insurance premiums based on WellRight points/status**

WellRight Status	Tier 1	Tier 2	Tier 3	Tier 4
<i>PPO Plans</i>				
Employee Only	\$32.10	\$39.02	\$45.95	\$52.87
Employee/Spouse	\$85.59	\$92.51	\$99.43	\$106.35
Employee/Child(ren)	\$77.16	\$84.08	\$91.01	\$97.93
Family	\$154.09	\$161.02	\$167.94	\$174.86
<i>H.S.A Plans</i>				
Employee Only	\$1.95	\$8.87	\$15.79	\$22.71
Employee/Spouse	\$47.77	\$54.69	\$61.62	\$68.54
Employee/Child(ren)	\$44.98	\$51.90	\$58.83	\$65.75
Family	\$100.64	\$107.56	\$114.48	\$121.41



# Steps to Wellness

## Step 1: **M&M Wellness Portal**

After registration has been completed, the URL to our custom site is <https://mandwellness.wellright.com/>

This link will take you straight to your login page.

If you are new to the program and wish to be invited, or your registration link has expired, email [Catie@healthyworksites.com](mailto:Catie@healthyworksites.com) and request to be added to the program.

## Step 2: **EARN YOUR POINTS**

Earn your points by **December 31, 2023** by completing any combination of the wellness activities list on the following page. More activities may be added throughout the year.

Activity	Points
Completion of Health Risk Assessment- (Age Gage) must complete between Jan 1 2023 and Dec 31 2023	<b>500</b>
Nicotine Test- You will automatically receive these points if your test is negative at the 2023 biometric screening- date of this screening is TBD.	<b>400</b>
Completion of Biometric Screening- Points will be rewarded if you participated in the biometric screening in 2023 or complete a biometric screening anytime throughout the year (Jan 1 2023 and Dec 31 2023).	<b>800</b>
Annual w/PCP, Dental Exam (up to 2), Flu Shot, Colonoscopy, Mammogram, Pap, Skin Check w/ Dermatologist, Vision Exam w/ Optometrist, Osteoporosis Check, Completion of Covid Vaccine ( 2 dose ), Covid Booster	<b>300/each</b> <b>There are no maximum number of points in this category. Complete as many as necessary based on gender/age. Preventive screenings will be accepted if Date of Service is between Jan 1, 2023 and Dec 31, 2023.</b>
Blood Donation	<b>50/each</b> <b>You can earn a <u>maximum of 300 points</u> in this category. Must take place between Jan 1, 2023 and Dec 31, 2023.</b>
University Courses <a href="https://mandmwellness.wellright.com/">https://mandmwellness.wellright.com/</a>	<b>50/each</b> <b>You can earn a <u>maximum of 500 points</u> in this category. Must take place between Jan 1, 2023 and Dec 31, 2023.</b>
Community Service: Volunteer for non-profit for a minimum of 2 hours per event	<b>100/per event</b> <b>You can earn a <u>maximum of 200 points</u> in this category. Must take place between Jan, 1 2023 and Dec, 31 2023.</b>
Monthly Wellness Challenges <a href="https://mandmwellness.wellright.com/">https://mandmwellness.wellright.com/</a>	<b>200/month</b> <b>You can earn a <u>maximum of 2400 points</u> in this category. A new wellness challenge will be available each month Jan-Dec 2023. Personal Wellness Challenges do not earn points.</b>
CPR/First Aid -Can be a new certification or proof that certification is current.	<b>150</b> <b>You can earn a <u>maximum of 150 points</u> in this category.</b>
<b>Continued on next page</b>	

Activity	Points
<p>Gym Usage- For each month, you can upload a print out from your fitness facility showing you checked in at least 12x that month. For each month of at least 12 workouts submitted, you will receive 100 points.</p>	<p><b>100/month</b> <b>This challenge will run from Jan 1, 2023 through Dec 31, 2023. Total of 12 months for a <u>maximum of 1200 points.</u></b></p>
<p>Monthly Step Challenge (average of 7,000 steps/day. Device MUST be registered for WellRight in order to earn points.</p>	<p><b>150/month</b> <b>This challenge will run from Jan 1, 2023 through Dec 31, 2023. Total of 12 months for a <u>maximum of 1800 points.</u></b></p>

# Submission Instructions for Activity Completion and Preventive Screenings

**You must provide documentation showing completion of activities. Documentation can be in the form of an EOB (Explanation of Benefits), Visit Summary, printout from gym, picture of yourself at event, or any other type of proof of the activity.**

There will be instructions included with each challenge on

<https://mandmwellness.wellright.com/>

You will need to upload your documentation. Your submission will show pending approval until your wellness coordinator is able to verify it.

OR if you prefer, you can email it with the info below.

➤ **Email:** [catie@healthyworksite.com](mailto:catie@healthyworksite.com)

**Subject Line:** M&M Wellness Challenge

Please include your full name and  
company name

If you are unable to complete an activity due to a medical condition, please contact Catie at [Catie@healthyworksite.com](mailto:Catie@healthyworksite.com) and a reasonable accommodation will be given to you.

# ACCOUNT SETUP

## Complete your account setup

After registration, complete the steps below to setup your account and sign up for challenges. Track your progress through the website, mobile app, fitness devices and text tracking.

STEP  
1



### Web

- 1 Log in to view available challenges
- 2 Hover over a challenge and click the “i” icon to learn more
- 3 Track a challenge by hovering over it , clicking “Track”

STEP  
2



### Mobile App

- 1 Download the WellRight app in the Apple or Google Play store
- 2 Click on existing challenge tiles or click on the “+” icon to add a personal challenge.
- 3 Track a challenge by tapping on it and clicking on “Track”

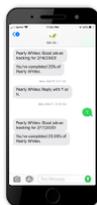
STEP  
3



### Device Setup

- 1 On the home page, go to the Device Menu
- 2 Select your device
- 3 Sign in to grant access
- 4 WellRight can now automatically track progress for you

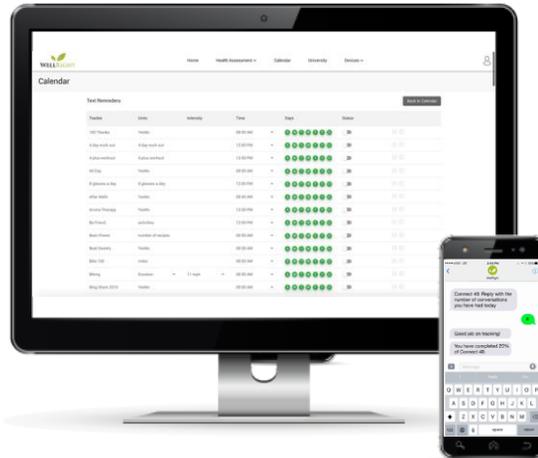
STEP  
4



### Text Reminders

- 1 Add your mobile number to your account homepage
- 2 Hover over a challenge and click ”i” to set your text reminders
- 3 Reply to the text to track your progress

# TEXT TRACKING 101



## Register your mobile number



Log in on the web and click on your name



Enter your mobile number and click save



Respond "Yes" to verification text message

## Update your text notification schedule



Click on "Calendar"



Select "Text Reminders"



Customize your text reminders



Modify at any time\*

\* To do so click on the Homepage, hover over the challenge you want to modify, then click on the information ("i") icon.

## Tips and Tricks for Text Tracking

- ✓ **Skip:** Reply "SKIP" to skip a specific challenge's text reminder.
- ✓ **Stop:** Reply "STOP" to turn off text messaging. Users can turn back on in user profile settings.
- ✓ **Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.
- ✓ **Help:** Reply "HELP" to be directed to WellRight Support.