



Miami County Wellness
Become the Best You!

The Miami County wellness program is dedicated to improving and maintaining the general health and wellbeing of all Miami County employees. The county is committed to providing a work environment that promotes healthy life-styles by providing education, incentives and programs that enhance wellness to help our employees **Become the Best You** for themselves, their families and Miami County.

The wellness program will run from May 1, 2018 to April 30, 2019.

WELLNESS PROGRAM LEVELS

LEVEL 1 Incentive \$25

- ❖ Biometric Screening (by April 30, 2019)

LEVEL 2 Incentive \$50

- ❖ Health Assessment (*MyCigna.com*)
- ❖ Non participants in county health insurance not eligible

LEVEL 3 Incentive \$75

- ❖ Wellness Exam (May 1, 2018-April 30 2019)
- ❖ All employees eligible for this incentive
- ❖ Must submit Wellness Verification Form
- ❖ Deadline is April 30, 2019

**Levels 1-3 incentives paid
in May, 2019 by special payroll**

LEVEL 4 Premium Reduction

- ❖ Must complete Levels 1-3
- ❖ Save **\$360** per year (\$15/paycheck)
- ❖ Premium savings begins with June premium deductions

LEVEL 5 Bonus \$50

- ❖ Participate in a wellness event – MPR or Miami County sponsored challenge/event
- ❖ Participate in an organized race/walk, (May 2018-April 2019)
- ❖ Participate in Smoking Cessation
- ❖ Participate in a Cigna Coaching Call
- ❖ Must submit proof to Human Resources

**Level 5 incentive paid
in May, 2019 by special payroll**

Level 4 Premium Reduction has been increased to a savings of \$360 per year (\$15/paycheck).

Proof of Biometric Screening, (if not done at the County wellness day), and Wellness Exam must be submitted to Human Resources by the specified deadline in order to qualify for the level incentives. Use the **Wellness Verification Form** available on the employee webpage.

Level 5 requires participation in one wellness event.

If you have questions about the wellness program, please contact Human Resources.