

**Sage Health and Wellness Center**  
**2021 Incentive Program Point Detail**

**INFORM**

**All three inform activities are REQUIRED to be eligible for the 2022 insurance premium reduction.**

- 10 pts - Complete Biometric Screening \*\*form required if completed with your primary care provider\*\*
- 10 pts - Health History and Risk Assessment or HRA Update \*\*located on the Marathon ePortal\*\*
- 10 pts - Review Biometric Screening Results at Sage Health and Wellness or with your primary care provider (PCP) – this is also known as the comprehensive health review \*\*form required if completed with your PCP.

\*\*Please contact Lindsay ([lindsaym@gjcity.org](mailto:lindsaym@gjcity.org)) for required PCP forms\*\*

**Mix and match activities below to accumulate the additional 70 points to receive your 2022 insurance premium reduction.**

**EMPOWER**

- 5 pts (max of 15pts) - Complete a health coaching visit with Sage Health and Wellness Center staff OR another provider.
  - Includes: Weight Watchers, personal training, life coaching, virtual coaching, etc.
- 5 pts (max of 15 pts) - Complete a wellness activity offered through the Wellness Program.
  - Includes: departmental wellness challenges & events, group health coaching, Mindful May, walking groups, Ask the Expert, Grand Valley Bike Month events, etc.
- 5 pts - Set a goal in a health coaching session.
- 20 pts – Attest that you are tobacco free
- 20 pts – Tobacco User: Complete the smoking cessation online program

**THRIVE**

- 10 pts (max 30 pts) Complete an educational session offered through the Wellness Program
  - Includes: lunch n learn sessions, departmental wellness educational sessions
    - Can watch the recorded version or read through text version

- Please email Lindsay to verify completion if not attending the live session ([lindsaym@gjcity.org](mailto:lindsaym@gjcity.org))
- 5 pts – Complete a preventative screening or exam
- 5 pts - Get a vaccination at the Sage Health and Wellness Center, with your primary care provider or other vendor
- 10 pts - Meet the goal set in a health coaching session
- 5 pts – Complete a self-care activity
  - Includes: Anything you deem as relaxing and beneficial to your well-being!
- 5 pts - Complete/participate in a community service/volunteer project
- 10 pts each (max 30pts) - Participate in a wellness challenge offered through the Wellness Program
  - Includes: Marathon Health ePortal challenges, Minutes to Miles, departmental challenges, etc.
- 10 pts Complete your annual physical (biometric visit counts) with a Sage Health and Wellness Center provider or your primary care physician.

**100 points collected between March 1st 2021 and November 30th 2021 earns a \$40 per month insurance premium reduction in 2022. Additional participation and points earned past 100 will result in additional entries for the annual drawing related to the Wellness Program. Incentive program points are tracked in the Marathon eHealth Portal: [my.marathon-health.com](http://my.marathon-health.com)**