



City of Malden

Employee Wellness Program

The Wellness Program is intended to put in place health care utilization strategies that ensure efficient and cost effective use of healthcare services. Consistent implementation of such strategies by employees is expected to contain the overall health care costs for both the employees and the City of Malden.

In the Wellness Program, the City will provide funds on an HRA Card of up to \$500 annually. The points-based program was designed to motivate and engage employees in many different activities that are geared toward improving their overall health & well-being.

Necessary Wellness Program Steps (In Order)

- 1 Create an online account and Take the Health Assessment
- 2 Attend a Biometric Screening
- 3 Earn points on the wellness platform. **1 Point = 1 Dollar**
- 4 The HRA Funds will be deposited onto your HRA Card to use toward out-of-pocket medical expenses in 100 point intervals at the end of each month, following the month the points were earned.

New Wellness Platform

The NEW online Wellness Platform will provide employees with the tools and resources necessary to inspire positive and sustainable healthy behavior changes.

How to get started

To set up your wellness account and stay up-to-date on all activities, go to www.harvardpilgrim.org/wellnessaccount and follow the instructions. If you already have an *HPHConnect* account, login. If you don't already have an *HPHConnect* account, you can create one.

NOT A HARVARD PILGRIM MEMBER? You can still participate! Create a guest account to access the online wellness program. When prompted for a program code, enter **C00055**.

Please turn over to learn more →



WAYS TO EARN POINTS*

- **Cholesterol:** Earn 100 points for a milestone met of under 200 or completed alternative workshop
- **Blood Pressure:** Earn 100 points for milestone met of 120/80 or completed alternative workshop
- **BMI:** Earn 100 points for milestone met of under 25 or completed alternative workshop
- **Nicotine Free:** Earn 100 points for milestone met of Negative or completed alternative workshop
- Up to 50 Points for **Exercise Tracking**
- Up to 25 Points for **On-Site Programs (TBA)**
- **Flu Shot:** 10 Points
- **Annual Physical:** 10 Points
- **Semi-Annual Teeth Cleaning:** 5 points (max 10)
- **Eye Exam:** 10 points
- **Challenges (TBA)**

* Points are awarded in intervals of 100.

* Any remaining unfunded points will be awarded at the end of June.

FY17 Wellness Program Overview

Biometric Screenings

Harvard Pilgrim clinical staff will provide free health screening of biometric numbers for employees. These screenings will provide key numbers which include blood pressure, cholesterol, BMI, and new this year, a nicotine swab.

HRA Account

- Incentives will be deposited into HRA Accounts at the end of the month following the month in which they were earned in intervals of 100 points with any unfunded points funded at the end of June.
- Unused HRA funds will roll over into the next plan year for all active employees
- Employees who terminate/retire lose any unused balance as of the date of retirement/termination
- HRA Accounts are administered by Cafeteria Plan Advisors www.cpa125.com

Important Wellness Program Contact Information

Harvard Pilgrim Health Care

If you have a question related to the platform please email HPWellness@HarvardPilgrim.org or contact customer service at **(877) 594-7183** Monday – Friday, between 9am – 5pm (EST).

City of Malden Wellness Program

Jamie Doherty, Wellness Coordinator
jdoherthy@cityofmalden.org
(781) 397-7000 x2194

HRA Account

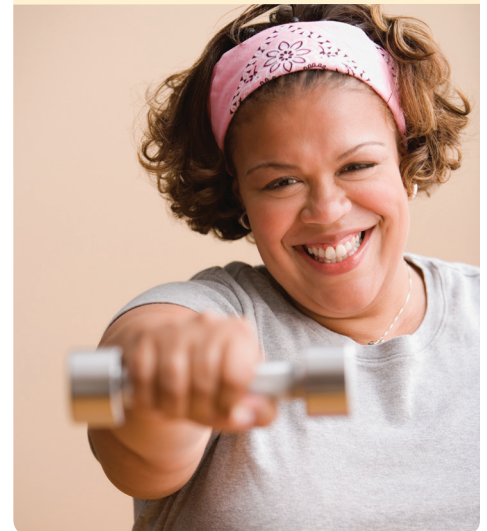
Cafeteria Plan Advisors
www.cpa125.com
(781) 848-9848



FY17 Biometric Screening Events

December 14, 2016
12PM-6PM
Senior Center

This is the last screening opportunity to earn your HRA contribution.



Harvard Pilgrim
HealthCare

