

To: All Hardin County School Employees who participate in any Hardin County Schools Medical Insurance Plan

GOOD NEWS!

The Hardin County Schools Insurance Consortium is pleased to announce the Healthy Schools 2019 Points Incentive System. **Earn 33 points** and you will receive \$175. If you are on a family plan, both you and your spouse are eligible to participate to a \$350 maximum.

Only 33 points to a Better You, same as last year! Another opportunity added for 2019:
Item 10 now includes Delta Dental's web site LifeSmile Assessment with an additional 3 points.

How do I submit my points?

1. See the attached form for **16** possible areas to obtain points.
2. From November 1, 2018 to October 31, 2019, participate or complete any of the possible attached opportunities. Circle all applicable areas in which you participate and complete.
3. **For all areas that you would like to receive credit, you must provide supporting documentation**, including:
 - Flu Vaccine receipt from pharmacy or doctor
 - Signed non tobacco user affidavit, attached
 - Three (3) month printout for online fitness and calorie tracking **(SUMMARY REPORT ONLY)**
 - Wellness screening / mammogram / pap test, etc. EOB from Med Mutual or receipt from doctor. The EOB or receipt **MUST** state "mammogram" or "pap smear" or "colonoscopy" or **"PSA test"**
 - Dental / vision / physical exam receipt from doctor
 - Fitness event proof, minimum of a 5K, i.e. 5k receipt or **dated** bib or certificate
 - Weight Watchers receipts for at least 3 months.
 - Proof of Health Assessment on Medical Mutual website (www.medmutual.com), **1st page only**
 - ETC..... This list is not all-inclusive.
4. Total your points before October 31st. **Your documentation must be in order and numbered according to the point system sheet.**
5. Turn in your Point Opportunity Worksheet (with your total points) and all supporting documentation into your **Treasurer's Office by November 1, 2019. No past due packets will be accepted.**

Special Notes on Point Opportunities:

1. No documentation is required for #2a if you participate in the Hardin County Schools Health Screening. This screening is conducted annually at the School. Your Treasurer will verify your points with the Hardin County Schools Consortium. **Documentation is required for 2.b.**
2. For #10, Completion and proof of Health Assessment tool- MMO. This is a Health Assessment tool on the Medical Mutual website, www.medmutual.com. You will need to set up a MMO account for yourself and log-in in order to see Health Assessment on the right side of the page. **After completion, only the first page should be printed. The same is required for Delta Dental's LifeSmile Assessment Tool at dental dentaloh.com.**

What happens after November 1st?

1. The Wellness Committee of the Hardin County Insurance Consortium will meet and verify all points.
2. Each approved participant will receive \$175 (up to \$350 for both employee and spouse).

Do you have a suggestion for an additional healthy point opportunity? Please let your Treasurer's office know. We want this to be fun and easy to follow to save employees money and help improve the health and the overall well-being of all Hardin County school employees.

Let's Have Fun and Get Healthier in 2019!

**REMEMBER: POINT SHEETS AND NUMBERED DOCUMENTATION ARE DUE NOVEMBER 1, 2019
TO YOUR SCHOOL TREASURER!! (PLEASE KEEP DOCUMENTATION IN NUMERIC ORDER)**