



2024 Employee Wellness Program

February 6, 2024 – December 31, 2024

Welcome to our new wellness program. This year, you're in control.

The more you do, the more rewards you earn. The 2024 version is designed to give you a personalized, fun and interactive experience to support your wellness journey. There are 4 levels in this new program; at each level you achieve, you'll earn rewards. This program is for everyone! Whether you're just starting out or you already have a solid wellness routine – we invite you to join today!

Points may seem much higher, but it's much easier to earn points!



How to Earn Points

- Track your sleep, steps, healthy habits -- manually or via your device
- For easy tracking, connect your health app or smart watch
- Watch brief wellness videos, read daily tips, and learn mindfulness
- Participate in challenges such as sleep, steps, and managing stress

Make the Wellness program work for you!

Level	Total Points Needed	Requirements	Reward
<p>To be eligible to earn a reward complete the following within 1/1/2024- 12/31/2024:</p> <ol style="list-style-type: none"> 1. Biometric Screening – height, weight, body mass index (BMI), blood pressure, glucose, lipid panel (total cholesterol, HDL, LDL, triglycerides). This can be completed when MetroHealth comes on-site (at no cost) or at a Primary Care Provider Wellness visit (co-pay costs may apply). 2. Online Health Assessment Survey – gives you a snapshot of your health. Complete on the wellness portal under HEALTH → SURVEYS → HEALTH ASSESSMENT 3. Fitness Waiver - To participate in the 2024 Wellness Program, in accordance with Cuyahoga County policies and procedures, it is required that you sign a Workers Compensation Fitness Waiver EACH YEAR. Access this form on the portal: BENEFITS tab → FITNESS WAIVER 			
Level 1	1,000	To achieve this level: Complete the 3 requirements above plus earn 1,000 points. See 2 nd page for how to earn points.	\$100
Level 2	5,000	To achieve this level: <ul style="list-style-type: none"> • Complete the 3 requirements above • AND 1 Primary Care Provider Well Visit within the last 3 years (1/1/2022- 12/31/2024) (2,000 points) • Plus earn 5,000 total points - See 2nd page for how to earn points. 	\$100
Level 3	10,000	To achieve this level: Complete the 3 requirements above plus earn 10,000 total points. See 2 nd page for how to earn points.	\$100
Level 4	15,000	To achieve this level: Complete the 3 requirements above plus earn 15,000 total points. See 2 nd page for how to earn points.	\$200
<p>DEADLINE TO COMPLETE - DECEMBER 31, 2024 All rewards will be distributed in 2025 Questions? skywell@metrohealth.org or call 440-592-1121 (M-F 8am-4:30pm)</p>			