



2025 Employee Wellness Program

January 1, 2025 – December 31, 2025

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

This year's program is designed for everyone. It gives you a personalized, fun and interactive experience that supports your wellness journey. At each of the 4 levels that you achieve, you'll earn rewards – and then be eligible for bonuses if you continue to build your points. Whether you're just starting out or you already have a solid wellness routine, we invite you to join today!

Health Forms must be submitted by Nov 22, 2025, to earn credit

- Primary Care Provider Well Visit (Level 2 Requirement) within 1/1/23 – 11/22/25
- Biometric Screening (1/1/25-11/22/25) (Requirement)
- Preventive Services (optional for points)
- 2 Chronic Condition Management Visits (optional for points)
- Smoking Cessation (optional for points)
- Blood Donation (optional for points)



To be eligible to earn a reward level, complete the following Required Items:

- 1. Biometric Screening in 2025** – must include height, weight, body mass index (BMI), blood pressure, glucose, lipid panel (total cholesterol, HDL, LDL, triglycerides). This can be completed when MetroHealth comes onsite (at no cost) or at a Primary Care Provider Wellness visit (co-pay costs may apply). (1/1/25-11/22/25)
- 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 2025 Wellness Program, in accordance with Cuyahoga County policies and procedures, it is required that you sign a Workers Compensation Waiver EVERY 2 YEARS. If you completed it in 2024, you will receive credit for 2025. Complete on the wellness portal: **BENEFITS tab → FITNESS WAIVER**

Levels	Points Required	Level Requirements	Reward
Level 1	1,000	To achieve this level: Complete the 3 requirements above plus earn 1,000 points.	\$100
Level 2	5,000	To achieve this level: <ul style="list-style-type: none"> • Complete the 3 requirements above • AND required 1 Primary Care Provider Well Visit within the last 3 years (1/1/2023-11/22/2025) (2,000 points) • Earn 5,000 total points 	\$100
Level 3	10,000	To achieve this level: Complete the 4 requirements above, Levels 1-2 and earn 10,000 total points.	\$100
Level 4	15,000	To achieve this level: Complete the 4 requirements above, Levels 1-3 and earn 15,000 total points.	\$200

Deadline to earn points - December 31, 2025

All rewards will be distributed in 2026

Questions? skywell@metrohealth.org or call 440-592-1121 (M-F 8 am-4:30 pm)



Launching January 1, 2025