

2023 | January 1 – November 30

MPOWERHealth Live Well

Program Guide

Welcome to the MPOWERHealth Live Well program!

No matter what your wellbeing-related goals are, we have tools and resources to help. Want to move more? Understand your finances? Improve your nutrition? Visit mpoweringhealthcare.com/livewell for challenges, articles, videos, and more resources to help you enhance or maintain your mental, physical, and emotional health.

Log in today and start your journey to a holistically healthy you.

Join your program:

Get started or log back in at mpoweringhealthcare.com/livewell

Earn rewards:

You could earn incentives for participating! Learn how to qualify inside. Additional awards available this year for Silver and Gold levels.

Eligibility:

The program is open to all employees. All qualifying activities must be completed by November 30 2023.

Tools & resources:

- Complete Video Learning Courses.
- Join group and personal challenges.
- Recipes, articles, and health tracking.
- Sync apps and devices (or download the Navigate Wellbeing app.)
- Connect on the social wall, photo gallery, or message center.

How to participate

Complete program activities to improve your wellbeing & earn incentives!

All MPOWERHealth employees are eligible to earn rewards mall credits by completing the activities below. Employees who are enrolled in MPOWERHealth's medical plan are also eligible to earn health insurance premium savings.

Your Live Well Program:

- Complete the 2023 Wellbeing Survey online.
- Download & Utilize the Wysa App.
- Complete the tobacco-free affidavit.
- Participate in one team activity challenge.
- Complete your biometric screening (See next page for more information).

WELLNESS PROGRAM REWARDS

	Go for Gold!			
	\$25 Rewards Mail	\$50/month premium discount	\$75/month premium discount	+ \$200 towards your medical deductible
	Participation	Bronze Medal	Silver Medal	Gold Medal
Wellbeing Survey	✓	✓	✓	✓
Download/Engage with Wysa App	✓	✓	✓	✓
Biometric Screening		✓	✓	✓
Tobacco Free Affidavit		✓	✓	✓
Team Challenge			✓	✓
1 of 4 Healthy Measurements			✓	✓
2 of 4 Healthy Measurements			✓	✓
3 of 4 Healthy Measurements				✓
4 of 4 Healthy Measurements				✓

- Program components must be completed by **November 30, 2023** to be eligible for 2024 premium incentive.
- *Gold Medal premium discount limited to 2024 HDHP Employee Only premium cost

Employees have multiple opportunities to complete biometric testing this year. The below Healthy Measures scores must be attained to qualify for Silver or Gold. Employees who do not initially meet the gold standard healthy measurement during the first biometric screening can re-test after 90 days. If you do not meet the gold standard measurement after the second biometric screen, but have met the baseline improvement percentage, you will earn credit towards that measurement for the wellness incentive. See example on the next page.

Biometric Category	Gold Standard Healthy Measure	Health Improvement Baseline	Reasonable Alternative Standard
Tobacco Free	Sign Tobacco Free Affidavit*	N/A	Free Tobacco Cessation Course
Total Cholesterol	< 200 mg/dL	5%	Medical Waiver Completed by Physician or Health Coaching
Fasting Glucose	< 100 mg/dL	5%	Medical Waiver Completed by Physician or Health Coaching
Blood Pressure	≤125 and ≤ 85 sys/dia mm Hg	5% systolic	Medical Waiver Completed by Physician or Health Coaching
Waist Circumference	M: ≤40 in F: ≤ 35 in	2%	Medical Waiver Completed by Physician or Health Coaching

Create an account

1. Visit mpoweringhealthcare.com/livewell
2. Select JOIN NOW and follow the onscreen prompts.

Returning user

If you are a returning user, enter your username and password.

How to Earn the Incentives

MPOWERHealth wants you to have every opportunity to earn your incentive and focus on your wellbeing. Take note of the program details and resources to help you on your journey.

- **Complete the 2023 Wellbeing Survey online.** Log on to mpoweringhealthcare.com/livewell to complete the 2023 Wellbeing Survey.
- **Download & utilize the Wysa mobile app.** Wysa is your own mental wellbeing companion provided at no cost to MPOWERHealth employees.
- **Complete the tobacco-free affidavit.** Current tobacco users may complete a tobacco cessation course as a reasonable alternative standard to the tobacco-free affidavit.
- **Complete your biometric screening.** Biometric screenings can be completed in three ways: with your primary care physician, during our on-site screening events, or with an off-site lab location. All options should be scheduled through the eHealth Screenings link, connected through your Live Well portal. This year, employees may test multiple times at no cost for more opportunities to meet the 'Gold Standard' biometric measurements.
- **Participate in one of the team activity challenges.** Track your activity with your colleagues and earn credit towards your wellbeing incentive and the chance to earn extra rewards mall points.

Wellness Incentives

- **Participation Ribbon:** Earn \$25 to the rewards mall for completing the wellbeing survey and downloading the Wysa app.
- **Bronze Medal:** Earn a \$50/month health insurance premium discount for completing the participation ribbon requirements, plus the tobacco affidavit and biometric screening.
- **Silver Medal:** Earn a \$75/month health insurance premium discount PLUS \$200 HSA/HRA employer funding for completing the Participation & Bronze activities, one team activity challenge and meeting 2 of the 4 biometric measurements.
- **Gold Medal:** Earn 100% of the employee only premium cost PLUS \$200 HSA/HRA employer funding for completing all activities and meeting all of the biometric measurements.

How to complete your Biometric Screening:

Employees have three options to complete the biometric screening:

1. On-site biometric screening event at a MPOWERHealth office (available in March and then again in September)
2. Off-site at a participating LabCorp scheduled through eHealth Screenings
3. Personal Physician (physician must complete a screening form)

Employees may re-test throughout the year if needed to meet one or more of the gold standard healthy measurements. There must be at least 90 days between all screenings.

Employees may earn credit for the healthy measurements by:

1. Meeting the “Gold Standard” measurement OR
2. Achieving the necessary health improvement baseline after completing a second biometric screening (see example below) OR
3. Meet the reasonable alternative (medical waiver from physician)

Blood Sugar	Blood Sugar		Goal	Actual
	• Blood Glucose		-5%	76.00 / 81.00
	–or–			
	• Blood Glucose		≤ 99	76.00

In this example, the participant met the Gold Standard measurement for blood glucose. The goal was less than or equal to 99 and the participant had 76. Because the goal was met, they were given credit for completion

Waist Circumference	Waist Circumference		Goal	Actual
	• Waist Circumference		-2%	42.00 / 48.00
	–or–			
	• Waist Circumference		≤ 40	42.00

In this example, the participant had a 42” waist, which was outside the Gold Standard of less than or equal to 40 inches. However, because they showed greater than 2% waist circumference loss from the previous screening (48”) to this year (42”), they met the improvement goal and were awarded credit for completion

What are group challenges?

Group challenges are a great way to stay connected with your organization, engage in healthy activities, and earn points towards your wellness reward.

Group challenge participants will have access to a downloadable challenge guide with tips and advice on how to complete your challenge. In addition you'll receive weekly emails to keep you on task and remind you to record in the portal.

Don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.



Questions? Contact:

info@navigatewell.com
(888) 282-0822

Group Challenges



Thrive with 5

1/30 - 3/12/2023

Register

01/23 - 02/05/2023

It's time to Thrive with 5! During this next six-week step count challenge, 5,000 is the magic number. Participation couldn't be easier—all you have to do is track 5,000 daily steps each week of the challenge to boost your physical health, your mood, and your energy level. You'll even learn best practices for moving more, feeling better, and setting up healthy daily routines along the way.

How to complete:

- Track your daily step count with the to-do list on your wellbeing platform.
- If you have a device or app synced to the platform, it will automatically record your steps.

Participate as: Team

Team size: 2 to 10

Last day to record: March 19, 2023



Ramp It Up

5/30-7/10/2023

Register

5/23-6/05/2023

Scale your step count to new heights over the course of this six-week challenge! Each week, you'll receive a new step goal as you work your way up to an end total of 7,000 steps per day. But you won't be asked to climb this hill alone – you will receive weekly newsletters with tips for staying motivated, stepping more, and setting personal goals.

How to complete:

- Track your daily step count with the to-do list on your wellbeing platform.
- You will receive a new total step count goal each week.
- If you have a device or app synced to the platform, it will automatically record your steps.

Participate as: Team

Team size: 2 to 10

Last day to record: 7/17/2023



Falling into Rhythm

10/02-10/29/2023

Register

9/25-10/8/2023

Sometimes it feels like the end of the year is all about disruption—holidays, family responsibilities, work projects, and everything else that comes with being human. That's why this four-week challenge focuses on helping you maintain your personal wellbeing despite all the items on your to-do list.

How to complete:

- Track your daily activity minutes with the to-do list on your wellbeing platform. For tips on getting more minutes each day, review your challenge guide.
- If you have a device or app synced to the platform, it will automatically record your minutes.

Participate as: Team

Team size: 2 to 10

Last day to record: 11/5/2023