



Make yourself a priority.

Welcome to the 2024 VikeHealth Challenge

By participating in the voluntary VikeHealth Challenge and earning at least 100 points, employees can earn a \$700 annual bonus*!

**Bonus will be deposited via payroll in February 2025.*



Scan the QR code to get started!

Sign in to your My Health Plan account at medmutual.com/member and select Wellness Portal from the Healthy Living drop-down menu.

Questions? Give us a call toll free at 1-855-553-1006 or send us a message on the portal.





GOALS AND REWARDS

Earn points by completing the following before 11/30/2024:

Primary Care Provider Awareness:

Having a primary care provider is important. If you are in need of a PCP, call 800-382-5729 for assistance, or visit the link provided the Medical Mutual My Health Plan website to find an in-network provider yourself. Link available on the Wellness Portal.

- Health Assessment | Required to Unlock Reward | 10 Points**
Complete the online health assessment through the link on the Wellness Portal. Answer all of the questions to the best of your ability.
- Annual Physical | 30 Points**
Complete an annual physical or women's well exam with your provider.
- Biometric Health Screening | 30 Points**
Complete a screening with your doctor (bring your screening form) or through the CSU Human Performance Lab. For your screening to be considered complete, at least one biometric result (for example: weight, height or blood pressure) and one result from a blood panel must be submitted. If you already had a doctor's appointment with labwork on or after 12/01/2023, you can submit those results instead.
- Preventive Care Services* (Up to 4) | 10 Points Each | 40 Points Max**
Eligible Services: bone density test, cervical cancer screening, colonoscopy, mammogram, prostate cancer screening, skin cancer screening, eye exam/diabetic retinal exam, dental exam, flu vaccine, herpes and shingles vaccine, pneumococcal vaccine, or COVID vaccine. Eligible dates of service are 12/1/2023-11/30/2024.
- Medical Mutual Chronic Condition Management or Maternal Health Program | 40 Points**
Participate in the Chronic Condition Management Program, including Sword + Bloom Health, or the Maternal Health Program. Credit will be awarded quarterly, beginning March 2024.
Note: This program is for Medical Mutual insured participants only.
- Track 1,000,000 Steps or 7,500 Activity Minutes | 30 Points**
Access trackers/device sync through the Wellness Portal. Track steps/minutes 01/15/2024-11/30/2024
- Culture of Health or CSU Sponsored Activities | 10 Points**
Self-Report completion of a Culture of Health Activity (either Nutrition, Weight Management, or Fitness Program) with a minimum 3 months of activity or a CSU sponsored activity on the Wellness Portal by 11/30/2024.
- Microlearning Courses (Complete 3) | 10 Points**
Access microlearning courses through the link on the wellness portal. Make sure to allow yourself enough time to finish the course(s) prior to the deadline. Note: partial credit will not be awarded for completing fewer than 3 courses.

Not sure if the program is right for you?

You may be able to earn the reward another way. You can file an alternative if your doctor recommends you shouldn't participate. Learn more about alternatives on your wellness checklist on the wellness portal or by calling Medical Mutual toll-free at 1-855-553-1006.

What if I'm a new employee?

Employees hired on or after 10/01/2024 are not eligible for the 2024 program but will be eligible to participate in next year's program.

For these services you will automatically receive credit through your health insurance claim within 3-6 weeks, if you're enrolled in the medical plan. If you haven't received credit after 6 weeks or the program deadline is approaching, please submit a preventive care submission form (available on the resources page of the wellness portal) by the alternatives deadline. If you are not enrolled in the medical plan, you will not receive credit automatically and will need to submit a preventive care submission form. **Note: you may have already received credit for any of these services completed between 12/01/2023 and 11/30/2024.*



ALTERNATIVES

Didn't earn the reward?

You will receive an email letting you know your results are available on the wellness portal. Make sure to review your results as soon as you can. If you didn't earn the reward, you may be able to earn it by filing an alternative.

Why would you need to file an alternative?

- Your doctor thinks it's unreasonably difficult or medically inadvisable for you to meet the wellness goals or alternatives.

Filing an alternative is easy:

1. Visit the wellness portal to download your alternatives form (bottom of wellness checklist page)
2. Visit your doctor and bring the form
3. Upload your alternatives form on the portal by the alternatives deadline: 12/31/2024



FAQs

Let's get the facts straight. Medical Mutual Wellness is here for you if you have any questions about the program. If this page doesn't answer your questions, please call us toll-free at 1-855-553-1006 or send us a message on the portal.

Why is my employer offering this program?

Sometimes we all need a little extra motivation to prioritize our health. If you're working on improving or maintaining your health, why not get rewarded for it?

We know that "healthy" isn't one-size-fits-all. Don't worry if the program requirements feel out of reach — **alternatives make the reward accessible to anyone.**

Does it cost money to participate in the program?

Screening with your doctor is free of cost if it's coded as an annual physical. Preventive care services are covered at 100% as well. All resources on the wellness portal are free for you to use. You will be responsible for any medical expenses tied to the completion of an alternative.

What if I don't want to participate?

The program is completely voluntary. It is simply an opportunity to take steps to improve your health while earning a reward. The program and its discount are in compliance with the Affordable Care Act (ACA). Employees under age 18 are not eligible to participate.

Will my employer see my health information?

Absolutely not! Medical Mutual takes your privacy very seriously. Your employer will never see your screening results, only averages for the company. When needed to administer your reward, they will only see your total reward earned.

How do I know if Medical Mutual received the form I submitted?

Once your form goes through the first stage of processing, you will receive an automated email letting you know that we received it. This can take up to 10 business days, so don't worry if you don't receive an email right away. Once your form is fully processed, you will receive another email letting you know that your account has been updated on the wellness portal.

When will I receive my reward?

Your reward will be distributed February of 2025. You must be actively employed at CSU at the time the reward is distributed in order to receive it.