



# Make your health a priority.

## Welcome to the 2026 Wellness Program

By participating in the VikeHealth voluntary wellness program, employees can earn up to a \$700 wellness bonus.



### Scan the QR code to get started!

Sign in to your My Health Plan account at [medmutual.com/member](https://medmutual.com/member) and select MedMutual WELL from the Healthy Living drop-down menu.

Questions? Give us a call toll free at 1-866-953-4187 or send us a message on the portal.





## GOALS AND REWARDS

# Earn a wellness bonus by completing the following by 12/31/2026:

- Health Assessment (REQUIRED to be eligible for the wellness bonus)**  
Complete the online health assessment on the wellness portal. Answer all of the questions to the best of your ability.  
**To complete:** Select the "Reward" tab in your wellness portal to find your "Incentive Plan". Click on the "Health Assessment" task to take the assessment.

- Annual Physical (REQUIRED to be eligible for the wellness bonus)**  
Regular health screenings can help detect your risk for medical problems or identify them when your chances for treatment and cure are better. Completing an annual physical with your primary care physician is a key factor in helping you and your doctor proactively manage your long-term health.

**To complete:** You will automatically receive credit through your health insurance claim within 3-6 weeks. You will be able to receive credit for preventive care services completed between 11/1/2025 - 12/31/2026.

If you are not enrolled in the medical plan or you haven't received credit after 6 weeks or the program deadline is approaching, please submit another form of verification, such as an Explanation of Benefits (EOB), to your portal. Select the "Rewards" tab to find your "Incentive Plan". Click on the "Annual Physical" task to upload your documents.

- Achieve Status:**  
Complete activities on the portal to earn points and achieve status.  
-Silver Status: \$200  
-Gold Status: \$200  
-Platinum Status: \$300

There will be two payout opportunities per year: July 2026 and February 2027.

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

### A range of activities to address your mental, physical, financial and social health:

Activity	Points per activity
Articles	10 each
Goals	5 each; up to 15 per day
Videos	10 each
Webinars	50 each
Jumpstart prompts	10 each
Reflection prompts	10 each
Self-reported workout	5 per day
Light workout	5 per day
Gym workout	10 per day
Standard workout	10 per day
Advanced workout	15 per day
Athletic event & sports league	50 per day
Category maximum: 10,000 points Max one workout per day. We will award only the highest-level workout.	

Activity	Points per activity
Flu shot	200 per year
COVID vaccine	200 per lifetime
Annual Physical	400 each year
Dental cleaning	200 each, twice per year
Cancer screenings	400 each
Biometric screening*	125 per measure
BMI outcome	1,000
Blood pressure outcome	600
Cholesterol outcome	600
Glucose outcome	600
Additional prevention activities may be available based on your age, gender, or health status.	

Activity	Points per activity
Onboarding assessment	75 once per lifetime
Health assessment	500 per year
Health assessment early completion bonus	250 per year
Physical activity assessment	75 per year
Mental wellbeing assessment	75 per year
Financial wellbeing assessment	75 per year
Muscle and joint health assessment	75 per year
Healthy eating assessment	75 per year
Caregiver assessment	75 per year

Visit the wellness portal for a complete list of activities and details for completing tasks.

### Not sure if the program is right for you?

You may be able to earn the reward another way. Learn more about waivers on your wellness portal or by calling Medical Mutual toll-free at 1-866-953-4187.

### What if I'm a new employee?

Employees hired on or after 10/1/2026 will be eligible to participate the following year.

### Log into the NEW portal to get started!

Navigate to [medmutualwell.powerofvitality.com](https://medmutualwell.powerofvitality.com) on your web browser. Register your account to begin participating. You will need your Medical Mutual ID number. If you are not on the medical plan, and have not previously been registered as a non-member, email [benefits@csuohio.edu](mailto:benefits@csuohio.edu) for support.

View the details of your incentive plan by selecting the **Rewards** tab in your wellness portal. Click on the Incentive Plan to see your progress as you complete the required activities to earn the reward.



## ALTERNATIVES

### Didn't earn the reward?

Make sure to review your results as soon as you can.

#### Why would you need to file an alternative?

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

#### Complete a waiver:

1. Visit the wellness portal to download a waiver form (bottom of the homepage)

2. Visit your provider and bring the form

3. Submit by the program deadline: 12/31/2026



## 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 1-866-953-4187 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 provider is typically covered by insurance, as long as it's coded as your annual physical for the year. Most preventive care services are typically covered at 100% as well. (Always confirm coverage details with your health insurance provider.) On-site screenings are covered by your insurance. If you do incur any medical expenses, such as the cost of an office visit to complete an alternative form with your provider, you will be responsible for them. All online wellness resources on the portal are free for you to use!

#### 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.

#### When will I receive my reward?

There will be two payout opportunities per year: July 2026 and February 2027 based on the current level reached.