



Health Reimbursement Account Program 2023-2024

Deadline to complete Wellness Incentive and HRA dollars is August 1, 2024.

To visit MyWellness Portal go to - <https://deaconess.ezonlineregistration.net/>

Category	Approved Activity	\$ Earned	Verification Method
Personal Health Survey	Complete the Personal Health Survey	\$50.00 One time per year	MyWellness Portal will automatically update to show completion.
One-on-One	<ul style="list-style-type: none"> • MTM Clinic Center Visits • Weight Loss Solutions Visit • Personal Training Session • Any Group Exercise Class • Any Organized Race: 5k, 10k, etc • One Care Visit • Financial Advising • Therapy or Counseling Session 	\$25.00 per session No max.	Enter dates of completed session into your MyWellness Portal. Must be able to prove visit was completed in Epic or paper documentation. <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>Go to the HRA Credit section in your MyWellness portal for more information on logging your participation.</p> </div>
Preventative Care	<p>Must be completed between July 1st, 2023—August 2, 2024</p> <ul style="list-style-type: none"> • Complete Preventative Age Appropriate Screenings (See approved list on reverse side.) • MyChart Sign-Up: Activate or maintain if already complete • Advanced Directive documentation to PCP: Complete and submit or review annually if already on file 	\$25.00 per session No max.	Enter the dates of completed activity in your MyWellness portal. Must have paper documentation available for proof of completion, can be found in MyChart. If MyChart or Advanced Directive is already up to date, completion date can be August 2, 2023 or later.
Blood Drive Donation	<ul style="list-style-type: none"> • Participate in a blood donation at a local blood drive 	\$25.00 per session	Enter dates of completed session into your MyWellness Portal. Must be able to prove visit was completed with paper documentation.
Physical Activity /Nutrition Logging	<ul style="list-style-type: none"> • Physical Therapy Session • 30 mins of Physical Activity - keep a daily log • Full Days worth of a food journal (Weight Loss Solutions, Weight Watchers, MyFitness Pal, etc.) 	\$5.00 per session No max.	Enter dates of completed session into your MyWellness Portal. <p>Must be able to provide log documentation if requested.</p> Outside Activity Log is provided in the Portal.

Additional Categories on Reserve Side.

Category	Approved Activity	\$ Earned	Verification Method
Series	<ul style="list-style-type: none"> Financial Class Series Weight Watchers, Profile, or similar meetings Must include telephone coaching session. Logging in app or weighing in will not count 	*Must attend 75% \$100.00	Must begin August 2, 2023 or after. *For Weight Watchers or similar provide proof of completion using the Weight Watchers approved log. Submit to Wellness when 6 visits have been completed. Wellness will enter credit.
Online Wellness (Two Options)	<p><u>1. Monthly Challenges</u> Step Challenges, Hydration, Mindfulness etc.. will be available to participant throughout the benefit year</p> <p><u>2. Learning Modules</u> Watching educational videos and taking a quiz will earn points</p>	\$5.00 per day	Check the yearly calendar for challenges and learning modules that will be available
Healthy Weight Reward	<ul style="list-style-type: none"> BMI range 18 - 30 Age Appropriate Body Fat % = healthy range Reduce weight by 10% from 22-23 screening year* Lower Body Fat % by 10% from 22-23 screening year* <p>*Must have screening on file from 22-23 year.</p>	\$250.00 one-time per year	Reward will be entered by Wellness.

Email Wellness@deaconess.com with any questions

Approved Preventative Screening List:

- Vision Screening
 - Dental Exam
 - Dermatology
 - Hearing Screening
 - Prostate Cancer Screening
 - Mammogram Screening
 - Pelvic Exam & Pap test
 - Colorectal Cancer Screening
- *Cologuard- screening accepted

HRA Information:

- HRA goes towards medical bills after \$700 out-of-pocket is reached by an individual.
- Earn \$400 yearly, money not used rolls over and caps at \$6,000.
- Reimbursement check is received through the mail (Automatically)
- Money is not available to use till the following fiscal year.
- Total HRA earnings** can be found by calling **Benefits** at 450-2025 or visit <https://portals.ebcflex.com>

End of Program Audit:

A random audit of program documentation will be performed at the end of the year. Participants must have all required documentation available within 48 hours from the time they were selected. Any activities performed outside of Employee Wellness must have proof activity was completed. If participant is unable to produce documentation or documentations is invalid, earned dollars will be removed. Please keep all documents up to date and available during program year.