

4/1/23 - 12/31/23
WELLNESS PROGRAM PACKET

Pursuing
A
Path
To
Better
Health

GRAY & SON

AllegeantSM

Employee Benefit Solutions
www.allwell.medkeeper.com

GRAY & SON'S WELLNESS PROGRAM



SAVE ON YOUR HEALTH INSURANCE PREMIUMS

Here is how the 2023 Wellness Program will work!

New! The Wellness Program will run from April 1st to December 31st!

To earn your wellness discount for your 4/1/24 health benefits you must earn 300 wellness points by completing the following:

- Complete an annual physical (between 1/1/23 - 12/31/23)
- Complete your biometrics (submit physician form)
- Complete any 2 preventative care visits or complete the health risk assessment

After completing the requirement above, you will be wellness compliant.

EARN A GIFT CARD!

You can earn a gift card by completing even more points! You can earn additional wellness points by choosing from the additional activities on the points chart.

- To earn a \$50 gift card, you will need to earn a total of 450 wellness points. (300 + 150)
- To earn a \$75 gift card you will need to earn a total of 600 wellness points. (300 + 300)

How to track your wellness points:

Online: There is a new Wellness portal. Log onto the participant wellness portal at www.allwell.medkeeper.com. If you are new to wellness, see registration instructions on the right side of this page.

OR

On paper: Record all of your activities (with proof of participation) on your wellness points chart.

All activities are available on your www.allwell.medkeeper.com account and details are listed under each specific activity. A Self-Tracker is also located on the back of this flyer.



REGISTER FOR YOUR ALLEGEANT WELLNESS ACCOUNT

- 1.) Go to www.allwell.medkeeper.com
- 2.) Go to *New User*
- 3.) Click on Register
- 4.) Enter in your information

Company ID: GSMPI

Employee ID: LBGXXXXX

Have Questions? Contact Allegeant Support

Phone: 1-800-748-8641

Email: adminsupport@allegeant.net

Fax: 410-427-3699

Wellness Coordinator

Kathy Harris: kharris@allegeant.net





2023 Wellness Program Calendar of Events

APRIL	<ul style="list-style-type: none"> • April 5th: Wellness Wednesday Message: <i>Get the Most from Your New Wellness Portal</i> (25 pts) • KEPRO Monthly Presentation: <i>Sustainability: Guiding Your Family to Cleaner Living</i> (25 points) • Group walk at Meadowood Regional Park: Wed, April 19th 4p-6p - Rain Date April 20th (25 pts) • New Wellness Portal Registration & Health Assessment (100 pts) <ul style="list-style-type: none"> ○ Complete by April 30th for an entry into a drawing for 1 of 4 \$25.00 Gift Cards
MAY	<ul style="list-style-type: none"> • May 3rd: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>The Benefits of Your Employee Assistance Program/EAP</i> (25 pts) • KEPRO Monthly Presentation: <i>Listening: Are You a Good Listener?</i> (25 pts) • Company Challenge: “Step It Up” Challenge (100 pts) <ul style="list-style-type: none"> ○ May 1st - May 31st ○ Opportunities to “Step it Up” as a group at Meadowood Regional Park: <ul style="list-style-type: none"> • Wed, May 3rd 4p-6p – Rain Date May 4th (25 pts) • Wed, May 17th, 4p-6p - Rain Date May 18th (25 pts)
JUNE	<ul style="list-style-type: none"> • June 7th: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>What is Livongo for Diabetes?</i> (25 pts) • KEPRO Monthly Presentation: <i>Points of View: Keeping an Open Mind</i> (25 pts) • Live Virtual Webinar: <i>The Six Dimensions of Wellness</i> (50 pts)
JULY	<ul style="list-style-type: none"> • July 5th: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>Managing Your Medications – What? When? How? Pre-auth, specialty drugs, US-RX Care</i> (25 pts) • KEPRO Monthly Presentation: <i>Parenting Questions: Overcoming Parenting Guilt</i> (25 pts) • Live Virtual Webinar: <i>Heart Disease & Cholesterol</i> (50 pts)
AUGUST	<ul style="list-style-type: none"> • August 2nd: Wellness Wednesday Presentation: <ul style="list-style-type: none"> ○ <i>Aging Well – Nutrition & Weight Management</i> (25 pts) • KEPRO Monthly Presentation: <i>Money Management: Digging Deep</i> (25 pts) • Company Challenge: 30 Day “Building Better Habits” Challenge (100 pts) <ul style="list-style-type: none"> ○ August 1st – August 30th ○ Focus on moving more, eating for health, staying hydrated, better rest and relaxation habits
SEPTEMBER	<ul style="list-style-type: none"> • September 6th: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>Mindfulness and Meditation</i> (25 pts) • KEPRO Monthly Presentation: <i>Gratitude Mindset: The Gratitude Habit</i> (25 pts) • Live Virtual Webinar: <i>Healthy Mind Toolkit – Boosting Your Mental Health</i> (50 pts) • Group Walk at Meadowood Regional Park: <ul style="list-style-type: none"> ○ Wed, Sept 6th 4p-6p - Rain Date Sept 7th (25 pts) ○ Wed, Sept 20th 4p-6p – Rain Date Sept 21st (25 pts)
OCTOBER	<ul style="list-style-type: none"> • October 4th: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>Preventative Care Screenings: What are they & Why are they important?</i> (25 pts) • KEPRO Monthly Presentation: <i>Reactions: Pause. Breathe. Resume</i> (25 pts) • Live Virtual Webinars: <i>Medicare</i> (50 pts) & <i>Social Security</i> (50 pts) • Group Walk at Meadowood Regional Park: Wed, Oct 4th 4p-6p - Rain Date Oct 5th (25 pts)
NOVEMBER	<ul style="list-style-type: none"> • November 1st: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>Healthy Eating During the Holidays</i> (25 pts) • KEPRO Monthly Presentation: <i>Caregiving: Care for the Caregiver</i> (25 pts) • Live Virtual Webinar: <i>Diabetes Prevention & Management</i> (50 pts)
DECEMBER	<ul style="list-style-type: none"> • December 6th: Wellness Wednesday Message: <ul style="list-style-type: none"> ○ <i>Understanding Seasonal Affective Disorder/SAD</i> (25 pts) • KEPRO Monthly Presentation: <i>Embrace Change: Making a Change</i> (25 pts)

How to access Additional Activities on the Points Chart

How to watch the Wellness Wednesday Messages- 25 wellness points each

Available on the Wellness Portal at www.allwell.medikeeper.com. See calendar of events for the dates.

How to watch KEPRO EAP Webinars- 25 wellness points each

Watch webinars through the Employee Assistance Program (EAP). KEPRO's Online seminars are located at www.EAPHelplink.com. Use Company Code: WEBEAP to login.

NOTE: At the end of each video you must answer EVERY question in order to get the conformation message and have the certification of completion emailed to you. To earn the 25 points, send the certificate to Kayla at kbradley@allegiant.net or fax to 410-308-0865 OR print the certificate and attach it to your points chart.

How to watch Live Virtual Webinars - 50 wellness points each

A link to the Live Virtual Webinars will be sent out by email before each webinar and posted on the portal. Presentations will start at 5:30 pm.

Principal 401(K) Webinars - 25 wellness points each

Watch live sessions at www.principal.com/LearnNow OR If you can't attend the live session then watch the webinars on demand at www.principal.com/LearnNowOnDemand

LIVONGO- 200 wellness points

If you have Diabetes Type I or II and are covered under our Medical Plans you are eligible to enroll in Livongo. After enrolling you will receive a connected meter, unlimited test strips, and coaching for FREE! See page 15 of the benefit guide book to learn about enrolling or call HR at 410-771-4311.

SMOKING CESSATION- earn between 100 to 200 wellness points

Reach out to our Wellness Coordinator, Kathy Harris at 443-902-1207 or kharris@allegiant.net to set up a date for your individual consultation to discuss your "QUIT Plan." Earn 100 wellness points.

Or participate in any Smoking Cessation Program with proof of completion. Earn 200 wellness points.

Remember! After 3 months of being smoke free, you are eligible to redo you Tobacco Affidavit and receive a premium reduction!

1-on-1 401(K) Financial Wellness Session with Morgan Stanley- 200 wellness points

Call Steve Lowman our financial advisor from Morgan Stanley at 301-961-1823. If you have an appointment with a financial advisor at one of the Annual HR/Safety meetings you can use that to earn 200 wellness points!

Call with an Allegeant Nurse - 200 wellness points

Get advice from an Allegeant Nurse about Health risks, nutrition advice, etc. Email Kathy Harris at kharris@allegiant.net or call at 443-902-1207 to setup an appointment.

Counseling Sessions Through KEPRO EAP- 200 wellness points

3 free sessions per topic per year through KEPRO EAP. Call 1-800-607-1522 to schedule a session.

2023 Points Chart

Develop your 300 point plan today and track it monthly!

Program Dates: 4/1/23 - 12/31/23



REQUIRED: PCP ENGAGEMENT	Date	Points	Your Points
Submit a Completed Physician Form with Biometrics	_____	100	_____
Record your Annual Physical	_____	100	_____

REQUIRED: PREVENTIVE VISITS* (pick 2) OR HEALTH RISK ASSESSMENT	*Required: 100 points from this section*		
Colonoscopy (no charge under medical plan; age 50 & over; every 5 years)	_____	50	_____
Mammogram (no charge under medical plans; age 40 & over)	_____	50	_____
OB/GYN Visit (no charge under medical plans)	_____	50	_____
Prostate Exam (could be specialist copay)	_____	50	_____
Dental Exam (max. 2 per calendar year; no charge under dental plan)	_____	50	_____
Skin Cancer Exam (could be specialist copay)	_____	50	_____
Flu Shot or COVID Vaccine (company provides free annual flu shots)	_____	50	_____
Annual Eye Exam (\$10 under vision plan)	_____	50	_____
Take the Health Assessment (www.allwell.medikeeper.com)	_____	100	_____

ADDITIONAL ACTIVITIES			
Counseling Session through KEPRO (3 free sessions per topic per year - call 1-800-607-1522)	_____	200	_____
Livongo for Diabetes	_____	200	_____
Attend Weight Management Program (weight watchers, medifast, nutrisystem, etc.)	_____	200	_____
Attend Smoking Cessation Program (send proof of completion; attach or fax to 410.308.0865)	_____	200	_____
Participate in a 5k (or other physical endurance challenge)	_____	200	_____
1-on-1 401(K) Financial Wellness Session with Morgan Stanley	_____	200	_____
Any Community Service Event (community clean up, volunteer at a homeless shelter, etc.)	_____	200	_____
Call with the Allegeant Nurse (Health risks, nutrition advice, etc. - email kharris@allegeant.net)	_____	200	_____
Allegeant Pal-to-Pal Challenge	_____	100	_____
Allegeant Wellness Challenge: Step It Up	_____	100	_____
Allegeant Wellness Challenge: Building Better Habits	_____	100	_____
Allegeant Plan for Wellness (www.allwell.medikeeper.com)	_____	100	_____
Self Reported Exercise (max: 2 per year)	_____	50	_____
KEPRO Webinars (eaphelplink.com)	_____	25	_____
Principal Webinars	_____	25	_____
Monthly Wellness Wednesday Message (www.allwell.medikeeper.com)	_____	25	_____
Group Walks (6 available)	_____	25	_____

LIVE VIRTUAL WEBINARS			
The Six Dimensions of Wellness	_____	50	_____
Heart Disease & Cholesterol	_____	50	_____
Healthy Mind Toolkit – Boosting Your Mental Health	_____	50	_____
Medicare	_____	50	_____
Social Security	_____	50	_____
Diabetes Prevention & Management	_____	50	_____

Complete 450 total points to earn a \$50 gift card (SILVER level). Total Points Earned
 OR Complete 600 total points to earn a \$75 gift card (GOLD level). _____

❖ Please go onto www.allwell.medikeeper.com to enter your activities OR record your activities on your points chart. Most activities will be tracked under the ‘Events’ tab on the wellness portal.

*Any annual and preventive care visits completed between 1/1/23 and 3/31/23 will count toward the wellness qualification.

Printed Full Name

Employee #

Date Submitted

PHYSICIAN FORM

USE OF THIS FORM IS MANDATORY: NO SUBSTITUTIONS WILL BE ACCEPTED.

NOTE TO PROVIDER: Allegeant, LLC is a business associate of the employer-sponsored health plan in which the patient signing this form is enrolled and performs certain wellness program and other services for that plan. In performing those services, Allegeant is bound by and complies with applicable health information privacy and security requirements that apply under federal and state law, including the HIPAA privacy and security regulations and has signed a business associate agreement with the plan sponsor. Therefore, no HIPAA authorization form is required for you to release the requested information to Allegeant, in its capacity as a business associate of the patient's health plan. All personal health information provided on this form will be safeguarded against improper access, use and disclosure as required by HIPAA and other applicable law.

This section should be completed by PATIENT before providing the form to the health care provider:

Please provide the following information relating to my health status. By signing this form, I authorize you to provide this data to Allegeant, LLC.

Patient Name: _____ Date of Birth: _____ Phone Number: _____

Patient Address: _____

Name of Company Employee Works For: Gray & Son, Inc.

Patient Signature: _____ Date: _____

This section to be completed by PHYSICIAN/HEALTH CARE PROVIDER:

Date of Office Visit: ____ / ____ / ____

*If pregnant, please use pre-pregnancy weight & waist.

Height: ____ ft. ____ in. Weight: ____ lbs.

Waist: ____ in. Hip: ____ in.

Blood Pressure: ____ / ____

LDL: ____ HDL: ____

Total Cholesterol: _____

Triglycerides: _____

Fasting Blood Glucose Level: _____

-OR-

A1C (if applicable): _____

Is the patient on any of the following management medications?

Cholesterol YES NO
Blood Pressure YES NO
Blood Sugar YES NO

Nicotine Metabolite Test: _____
(If required by employer)

Has the participant used any form of tobacco in the past six months? YES NO

Is the participant up to date on the following USPSTF Preventative Health Care Recommendations?

Preventative Health Visit: YES Date: _____
 NO N/A UNK

Breast Cancer Screening: YES Date: _____
 NO N/A UNK

Cervical Cancer Screening: YES Date: _____
 NO N/A UNK

Colorectal Cancer Screening: YES Date: _____
 NO N/A UNK

Complete this section ONLY if you are the Primary Care Provider:

Is the participant being treated for any of the following chronic conditions?

Diabetes CAD COPD/Emphysema
 Arthritis Cancer

Other: _____

Chronic Conditions:

Adherence demonstrated to recommended guidelines/ interventions?

YES NO N/A

Based on this participant's current health and risk status, I recommend that he/she schedule their next Preventative Health Visit:

____ Quarter _____ Year

Physician/Health Care Provider Name: _____

Phone Number: _____

Physician/Health Care Provider Signature: _____

Date: _____

Physician/Health Care Provider Address: _____

Tax ID#: _____

