

*EA Health Plus*

## Wellness Promotion Services

**Welcome to EA Health Plus!** It's true that healthier employees result in more stable health care costs for you as an employer and a more productive work force. But with everything else you have going on as you manage the day-to-day operations of your business, it can be difficult to find time to implement a workplace wellness program. You need someone who can connect you and your employees with the wellness tools and resources that are available, find those that best meet your objectives, and champion your quest for a healthy workforce. That's where *EA Health Plus* can help!

Through a partnership with Medical Mutual of Ohio, *EA Health Plus* is a wellness promotion service designed to help EA members access Medical Mutual of Ohio's high-quality health management programs, and use them to their fullest potential. *EA Health Plus* places an emphasis on employee wellness by giving employees access to proven programs designed to help them live healthier lives. *EA Health Plus* is truly a one-of-a-kind product, offering a level of wellness promotion services that is unmatched in the marketplace.

### Your Wellness Champion

When you participate in *EA Health Plus*, you will have access to a Wellness Champion who will be your personal guide to the broad range of Medical Mutual's wellness tools and programs. The Wellness Champion will spend time with you to introduce you to the tools available to you, ensure that you're connected with the wellness experts at Medical Mutual, and provide ongoing support throughout the year. By working with the Wellness Champion, you can be sure that you are well positioned to obtain optimal results from your wellness efforts.

### Service Level Options

On the next page is a table illustrating the wellness services available to you under *EA Health Plus*. Through the EA's partnership with Medical Mutual, you are sure to find a wellness program that is a perfect fit for your needs and goals.

Welcome!

**EA Health Plus**

# Wellness Promotion Services

Wellness Promotion Services Available Through EA Health Plus	EA Health Plus Incentive	EA Health Plus Impact	EA Health Plus Essential
Wellness Champion	X	X	X
Program Participation Awards <sup>(1)</sup>	X		
Assistance with Health Assessment Completion	X		
Annual Wellness Report Card	X		
Annual Wellness Conference	X	X	X
Annual Health Benefits Survey	X	X	X
Annual Employer Wellness Survey (Plan Level)	X	X	X
Annual Employer Wellness Survey (Group Level)	X		
Wellness Reporting (Plan Level)	X	X	X

Wellness Resources Available Through MMO and EA Health Plus	EA Health Plus Incentive	EA Health Plus Impact	EA Health Plus Essential
Wellness Coordinator	X	X	
Workplace Wellness Assessment	X	X	X
SuperWell for Life Web Site	X	X	
Health Assessments	X	X	X
Health Screenings <sup>(2)</sup>	X	X	X
Lunch & Learn Seminars <sup>(3)</sup>	X	X	X
Newsletters	X	X	X
Workplace Communications	X	X	X
Wellness Reporting at the Group Level (for groups of 30+ participants)	X	X	X
Routine Preventive Services <sup>(4)</sup>	X	X	X
SuperWell QuitLine	X	X	X
Disease and Maternity Management	X	X	X
GlobalFit	X	X	X
Nurse Line	X	X	
The Chef's Garden	X	X	X
Healthy Living Programs	X	X	
Walking for Wellness	X	X	X
Weight Watchers <sup>(5)</sup>	X	X	X

**Note 1:** EA members that participate in EA Health Plus at the Incentive Level and successfully complete the program requirements will receive a premium reduction of 2% at their next renewal. The Incentive level includes a gift card program to help encourage employee participation in the health assessment and health screening activities.

**Note 2:** The cost for health screenings is submitted as a claim under covered services.

**Note 3:** The EA will provide a discount of \$100 on the price of each Lunch & Learn seminar for up to three (3) Lunch & Learn seminars per year.

**Note 4:** Regardless of the service level option chosen, most MMO plans cover these preventive services at 100% when received at a network facility (one per benefit period).

**Note 5:** Participating employees will receive partial reimbursement of their membership fee after completion of the meeting series and submission of the required reimbursement forms.

