

Wellbeing Talks February 2024

Roadmap to \$500

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Agenda

- Wellbeing Program Overview
- Wellbeing Rewards
- Engage
- Roadmap to \$500
- Helpful Tips

What is wellbeing?



How do you define wellbeing?

- It's not an easy question to answer
- A lot of articles written on how hard it is to define

Bottom line

- Wellbeing is more than the mere absence of disease
- Requires a holistic view

Dictionary definition:

Wellbeing: "The state of being comfortable, healthy, or happy."

What does wellbeing mean at Maximus:

The wellbeing program at Maximus is designed to help employees build resiliency, provide support to cope with daily challenges, and provide options to take action when needed to meet challenges that impact our ability to be comfortable, healthy, or happy.

X What is Employee Wellbeing at Maximus?

- Virtual Fitness
- Health coaching
- Wellbeing challenges
- Rewards for healthy actions

- Mental health counseling
- Digital behavioral care
- Wellbeing education
- Mindfulness and meditation



- Enrolled in Anthem medical:***
- Health coaching and chronic condition support
 - Telehealth for physical and behavioral care
 - Family planning support with incentive
 - Employer funding and incentives
 - Preventive care

- Enrolled in Anthem medical:***
- Behavioral Healthcare support
 - Telehealth for behavioral care
 - Digital behavioral support

- Wellbeing platform
- Wellness challenges
- Support for family, culture, relationships
- Fairs, onsite activities

- Resources for planning and education
- Financial and Legal guidance
- Perks, savings
- Discounted daycare

*Refer to the 2024 Benefits Guide for more information. The Benefits Guide can be found on [My.Maximus.com/Benefits](https://www.maximus.com/benefits)

2024 Wellbeing Rewards

Employees enrolled in an Anthem medical plan earn up to \$500 into their healthplan account by participating in activities throughout the year to support better health and build strong, healthy habits.

This money is available to help cover eligible out of pocket medical expenses.

- To participate, you must be registered with **Engage**, the Anthem wellness platform
- To register, visit engage-wellbeing.com or download the mobile app
- Earn points throughout the year by completing preventive care and other activities
- Total amount possible is 5,000 points for \$500
- Incentives will be deposited into your HSA or HRA as they are earned in 1,000 point/\$100 increments
- Preventive care and biometrics must be completed by November 30 to allow time for claims to be processed so you receive credit in the current program year
- Use extra points to enter quarterly sweepstakes for a chance to win prizes.

- Start early in the year!
- Preventive care earns you the highest points: 2,000 points for selected care
- Free annual Quest biometric screening is worth 1,000 points
- Sync your fitness tracker to earn points daily!
- You can earn daily points by tracking steps and what you eat
- Coaching and virtual physical therapy earn 1,000-2,000 points annually
- If you are eligible for the Omada program for prevention of weight-related disease, you can earn points weekly and build better habits to lower your risk of disease

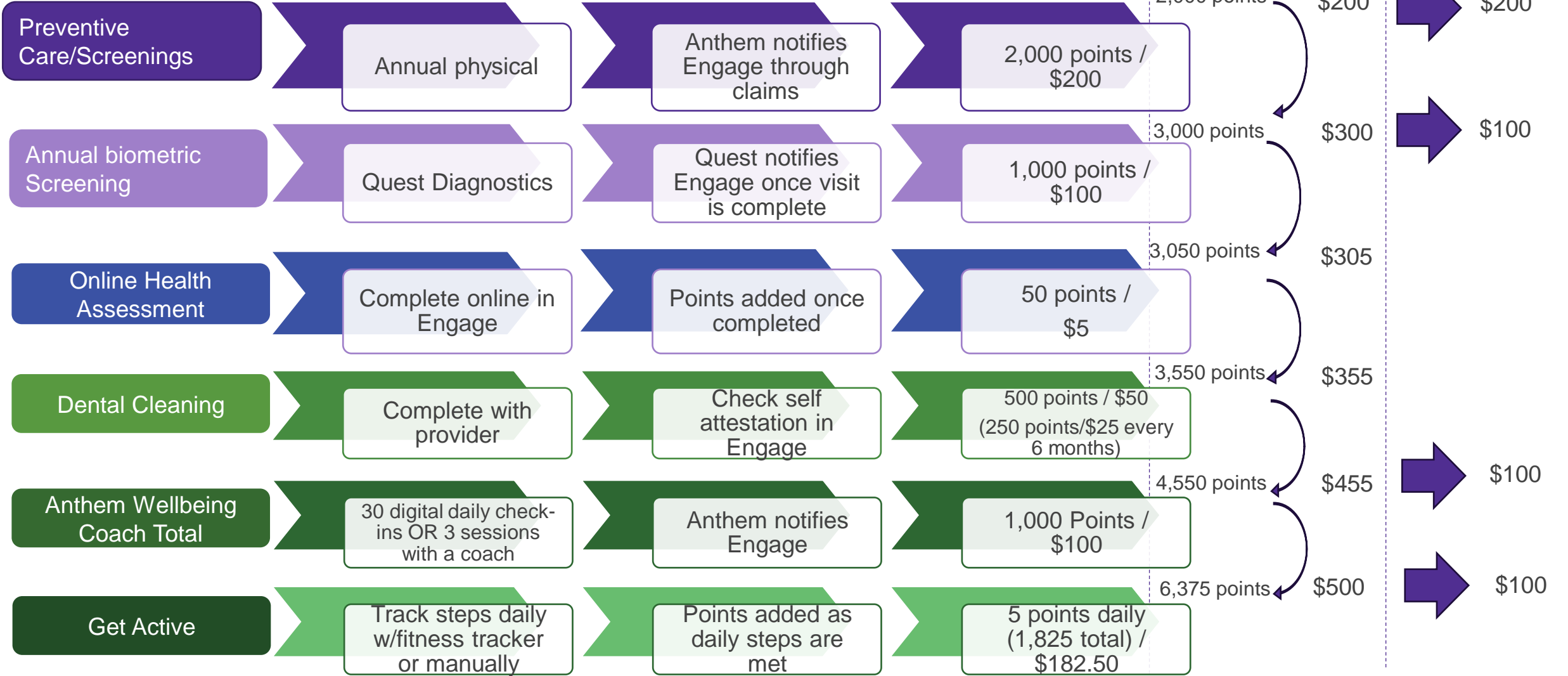
Engage – Your portal to wellbeing

Engage-Wellbeing.com

- Available to all employees
- You will see all of the wellbeing resources
- If you're enrolled in an Anthem medical plan, you will see medical plan information and be able to earn rewards into your health plan account

The screenshot displays the Engage Wellbeing portal for a user named Jimmy. The interface includes a navigation sidebar on the left with options like HOME, JIMMY, FIND CARE, BENEFITS, REWARDS, CONNECT, GET HELP, NOTIFICATIONS, and SETTINGS. The main content area is divided into several sections: a top banner for 'Jimmy, Join monthly Wellbeing Talks'; 'Your Rewards' section showing 'MY ACTIVITIES' with a progress bar at \$0/\$500 and a 'Point Balance' of 50 pts; 'Your Recommendations' with two cards for 'Health Assessment' and 'Quest Diagnostics'; 'Your Activities' with cards for 'Healthy Habits', 'Get Active', and 'Eat Smart'; 'Your Health Plan' section showing 'Insurance Cards' and 'Care Team'; and 'Maximus Inc Updates' with news items. On the right side, there is a 'Choose a way to earn:' section with a list of activities and their corresponding point values, such as 'Anthem Preventative Care Preventive Screenings' (14000 pts) and 'Well-being Coach Total' (2000 pts).

Roadmap to \$500



Extra points can be entered into the quarterly sweepstakes

Helpful Tips

What is preventive care

- Preventive care using in-network providers is free with Maximus Anthem Blue Cross Blue Shield medical providers and is not subject to your deductible.
- Preventive services do not include the evaluation or treatment of existing health concerns.
- When you book your appointment, let your provider know that you need your annual routine physical to earn your incentive from your employer
- If your provider codes your visit as preventive care, Anthem will send this over to Engage to give you credit for your incentive
- If you think your visit has been coded incorrectly, call Anthem, 833.371.1223.

Complete your preventive care by November 30

- Allows enough time for your provider to file the claim and for Anthem to provide this information to Engage to get your rewards towards the current year program

Anthem looks at calendar year for preventive care

- If you have an annual physical in December last year, you can move your physical up in 2024, for example to November. You do not have to wait the full 12 months

How long does it take for deposits to show in your HSA or HRA

- It could take 4 to 6 weeks after you see your points in Engage for the deposit to be made into your account
- We receive a monthly report from Engage at the beginning of the month and process deposits along with the next appropriate payroll.

Resources

Have a question?

[People Services Portal](#)

- Submit a Wellness ticket through the People Service Portal
- Submit a Benefits ticket through the People Services Portal

More information

Visit: [MyWellness-Maximus.com](https://mywellness-maximus.com)

Visit: [Maximus.com/Employees](https://maximus.com/employees)

Visit: [Engage-Wellbeing.com](https://engage-wellbeing.com)

More information on Anthem medical plans can be found on [MyMaximus.com](https://mymaximus.com):

- [Non-SCA Benefits Guide](#)
- [SCA Benefits Guide](#)