



MUTUAL
HEALTH SERVICES

 MEDICAL MUTUAL

Make your health a priority.

Welcome to the 2025 Wellness Program

By participating in **The City of Canton's** voluntary wellness program, employees and spouses enrolled in the medical plan can **EACH** earn up to **\$800/year** in their **HSA/HRA** account.



Scan the QR code to get started!

Sign in to your wellness portal at my.bravowell.com/cityofcanton

Questions? Give us a call toll free at 1-855-553-1006 or send us a message on the portal.





GOALS AND REWARDS

Earn points by completing the following before 10/31/2025.

- ☐ **Health Assessment | \$75**
Complete the online health assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.
- ☐ **Biometric Health Screening | \$150**
Complete a screening with your provider. Your screening should include the following: blood pressure, BMI, A1C/Glucose, LDL Cholesterol and Triglycerides.
- ☐ **Tobacco Attestation | \$200**
Complete tobacco attestation on the wellness portal.
Alternative goals: complete tobacco cessation program on the portal by 11/30/2025.
- ☐ **Annual Physical Exam* | \$150**
Complete an annual physical exam with your provider.
- ☐ **Preventive Care Services* (Up to 3) | \$75 Each**
Eligible Services: bone density test, mammogram, colonoscopy, cervical cancer screening, PSA exam, flu shot, skin cancer screening, COVID-19 vaccination, herpes and shingles vaccination, and pneumonia vaccination.
- ☐ **Hearing Screening | \$75**
Self report the date of your hearing screening on the wellness portal.
- ☐ **Mental Wellness Screening | \$75**
Self report the date of your mental wellness screening on the wellness portal.
- ☐ **Dental Exam | \$100**
Self report the date of your dental exam on the wellness portal.
- ☐ **Vision Exam | \$100**
Self report the date of your vision exam on the wellness portal.
- ☐ **Three Microlearning Courses | \$100**
Access microlearning courses through the link on the wellness portal. Must complete three.
- ☐ **Track 1,000,000 Steps | \$125**
Access trackers/device sync through the wellness portal.

Not sure if the program is right for you?

You may be able to earn the reward another way. You can file an alternative if your provider recommends you shouldn't participate. Learn more about alternatives on your wellness checklist on the wellness portal or by calling Medical Mutual toll-free at 1-855-553-1006.

What if I'm a new employee?

If you were hired on or after 8/1/2025, you'll need to wait until next year's program to participate.

**For these services you will automatically receive credit through your health insurance claim within 3-6 weeks, if you're enrolled in the medical plan. If you haven't received credit after 6 weeks or the program deadline is approaching, please submit a preventive care form (available on the resources page of the wellness portal) by the alternatives deadline.*



ALTERNATIVES

Didn't earn the full reward?

You will receive an email letting you know your results are available on the wellness portal. Make sure to review your results as soon as you can. If you didn't earn the full reward, you may be able to earn it by filing an alternative.

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.

2. Visit your provider and bring the form

3. Upload your alternatives form on the portal by the alternatives deadline: 11/30/2025

Filling an alternative is easy:

1. Visit the wellness portal to download your alternatives form (bottom of wellness checklist page)



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 1-855-553-1006 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.)

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.

How do I know if Medical Mutual received the form I submitted?

Once your form goes through the first stage of processing, you will receive an automated email letting you know that we received it. This can take up to 10 business days, so don't worry if you don't receive an email right away. Once your form is fully processed, you will receive another email letting you know that your account has been updated on the wellness portal.

When will I receive my reward?

Your reward will be distributed **the first week of each month.**