



Your 2021 Incentives at a Glance

Ketchikan Gateway Borough

It's a new year! What a great way to restart and refresh the year by taking an active role in your health and wellness. Be sure to take advantage of the wellness tools and resources available through the Healthy Merits Wellness Program as well as earn incentives for your wellness activities.

Log in to your web portal at <https://ketchikangateway.healthymerits.com> today. Enter your information as it appears on your medical ID card. Want to view this on your smartphone? Download the mobile app, Healthy Merits, from the app store and use the company code **ketchikangateway** to get started.

Rewards

Level 1 (500 points): Once you've accumulated 500 points, you will receive a 12-month pass to the Gateway Recreation Center. If you have purchased a pass, you will not be entitled to a refund. New pass privileges will begin once your current pass has expired. Points you have earned for level 1 will also apply towards levels 2 and 3, subject to timing and limitations of those rewards.

Level 2 (1,000 points): If you are an employee on the Ketchikan Gateway Borough health insurance plan, you are eligible for a \$600 premium reduction for the next calendar year when you earn 1,000 points. If you are a new employee hired after January 1, the points needed to achieve level 2 will be on a prorated scale based on your date of hire:

- First quarter—750 points
- Second quarter—500 points
- Third quarter—250 points
- Fourth quarter—Premium waived for upcoming year

Level 3 (1,500 points): If you earn 1,500 points within a 12-month period, you'll earn an annual pass to the Gateway Recreation Center for all dependents on your plan. The 12-month period is not limited to a single calendar year. New pass privileges will begin once your current pass has expired.



New for 2021! Spouses will now have access to the Healthy Merits Portal.

They will need to create an account after the employee, using the same medical ID number. No Points or Incentives will be offered for participating.

Qualifying Activities	Description	Wellness Points You Can Earn	Maximum Wellness Points You Can Earn
MeasureUp—biometric screening	Complete a biometric screening in the fall of 2021. More details to come.	500	500
SayAah—preventive exam	See your doctor for a yearly physical, mammogram, colonoscopy, pap smear or other preventive screening. This may also include a bi-annual dental cleaning or a vision exam. You will be able to self-attest on the portal.	250	500
NoButts—tobacco cessation course	Complete the 10 Tobacco University courses found on the web portal.	500	500
AgeGage—health assessment	Complete an online health assessment at https://ketchikangateway.healthymerits.com .	250	250
Movelt—physical activity	Complete 24 days of physical activity per quarter in 2021.	250	1,000
Company—sponsored wellness event	Participate in a sponsored event, such as an employee meeting.	250	750
HealthyU—university course	Complete any university course.	25	400
Wellness event	Complete a wellness event, such as Totem to Totem, Fools Run at Midnight, MS walk, etc. Self-attest on the portal.	100	500
Health and wellness programs	Proof of purchase of a weight loss program, nutritionist, health monitoring equipment, wearable device, health club membership, exercise programs or any other tool to help with your wellness journey.	250	500
StopTheFlu—get a flu shot	Receive an annual flu shot and self-attest on the portal.	100	100
Teladoc®	Simply register for a free Teladoc account at www.Teladoc.com or call 1.800.362.2667 .	100	100
COVID-19 vaccine (New!)	Receive the COVID-19 vaccine. Self attest the date on the portal.	500	500
H10 Healthy Habits Challenge (New!)	Complete the 10 week healthy habits challenge. You will receive 50 points per week that you complete all tasks. Please note: you will only have a seven day grace period to track the week prior.	50	500
Health Coaching (New!)	Work with a health coach to help create healthy habits. Simply call 1.800.882.2109 or email coaching@mywellportal.com to get started. Complete four health coaching calls and earn 250 points.	250	250
Company Challenge	Participate in a company wide wellness challenge.	250	750
		Total points possible	7,100

Questions? Just call Healthy Merits Customer Service at **1.877.348.4533** or email healthymerits@meritain.com.