



New Wellness Plan for 2022

This coming year you have new options to be eligible to receive the 2023 medical deduction premium discount of 20% under the Ricoh's improved wellness program.

You need to complete **2 Gateway activities** and earn at least **1300 points**. Activities completed between **September 1, 2021 and August 31, 2022 will qualify**.

Start by completing the Gateway Activities*:

1. Register for the Meritain Portal @ <https://account.meritain.com/portal/registration>
2. Register for the HealthyMerits Portal @ <https://rei.healthymerits.com> (need help call 877.348.4533)

Plus, complete various wellness Challenges below to earn points. 10/5/2021

Qualifying Challenges	Description	Wellness Points you can	Maximum Points
Register for Teladoc	Simply Register for Teladoc* www.Teladoc.com or 800-362-2667	200	200
The activities below must be completed between 09/01/2021 – 08/31/2022			
Age Gage-Health Assessment	Complete the online Annual Health Assessment on the HealthyMerits site	100	100
Healthy U-Online Courses	Complete online education courses on the HealthyMerits site (max 5)	100	500
Say Aah-Preventive Exam	Complete a Preventive activity (max 2). Examples include: Annual Physical, Colonoscopy, Mammogram, Routine Lab Work etc.	500	1000
Open Wide- Dental Exam	Complete a dental cleaning exam (max 2)	150	300
Vision Exam	Complete an annual vision exam	200	200
Move It or Step To It	Track your exercise Either: Manually Track 30 minutes - 3 times per week (90 min/week) OR sync your wearable device and achieve 30,000 steps per month (max 10)	50 points per month	500
Personal Challenge	Complete a 30-day personal wellness challenge (max 2) financial/physical/mental/emotional/nutrition/lifestyle/fitness/sleep/and more	250	500
Flu Shot	Get a flu shot or other immunization. Report it on the HealthyMerits site	200	200
No Butts-Tobacco Cessation	Complete an online tobacco cessation program through HealthyMerits. **This challenge only eligible for points if you use tobacco.	500	500
Disease Management (DM)	Participate in Meritain's nurse coaching. Sign up and complete sessions as directed by your Coach. Earn 250 points per quarter up to 1000 points. **This challenge is only available for those eligible for the DM program.	250 points per Quarter	1000
Total Points Possible			5,000

Employees who previously completed the Gateway activities or registered for Teladoc with Meritain will receive credit automatically. Employees may receive duplicate credit on several items due to the shift in program dates (Sept 2021 overlap). This is to give credit for 2022 open enrollment and is not intended to continue in the future once program dates are realigned.



Completing the Challenges means...not only do you earn points towards your medical premium discount and work on your personal wellness goals, but you also earn an **EXTRA REWARD** opportunity!!!!

Three times during 2022, a raffle will be held (April – July – September)

Thousands of dollars will be up for grabs for those who go the extra mile. **All employees with active employee status on the date of the raffle and who have completed their two Gateway activities and earned at least 750 points by the last day of the month prior to the raffle, will be entered into the raffle.** Multiple winners will be selected for each raffle drawing and winners will receive a gift card valued between \$50-\$1,000, depending upon the number of points earned. Winners of the first raffle, can still win again on the 2nd or 3rd raffle! Winners will receive credits based on the number of points they have earned in the Wellness Challenges. Gift cards are subject to taxation and added to W-2 income.

We can all do this! There are many combinations of activities you can do to earn the needed points for the premium deduction credits plus earn extra rewards. The sooner you get started the more chances you have to win. Employees who complete the Age Gage-Health Assessment, Healthy U Online Courses, and Preventive Medical, Dental and Vision exams will earn over the 2000 points, qualifying them for the 20% discount, plus a raffle entry to win \$200. Employees who do everything except the last two challenges will earn 3,500 points, earning the 20% discount plus a raffle entry to win \$1,000 worth of gift cards.

Points Earned from Wellness Challenges	Gift Card Value
750	\$50
1000	\$100
1500	\$150
2000	\$200
2500	\$250
3000	\$500
3500	\$1000

How will it work? All employees who completed the Gateway activities and earning 800 points by 11:59 pm on March 31st, will be eligible to participate in the April raffle to receive \$50 worth of gift cards. When the gift card is provided, it will be considered taxable income and reported to payroll. It will appear on the paycheck as soon as administratively possible.