

The 2025 City of Brooklyn Wellness Program:



By participating in the **City of Brooklyn's** voluntary wellness program, employees and spouses on the medical plan can **EACH** earn a **\$75/month discount** on their medical premium!

Biometric Health Goals (Meet all 5 Goals) | \$75/month Premium Discount

Complete a health screening with your provider. If you already had an appointment with labwork on or after 8/31/2024, you can submit those results instead of completing another screening.

Blood Pressure: 129/79 or Less

Alternative Goals: provider consultation or meet improvement goal

Glucose: 100 or Less

Alternative Goals: provider consultation or meet improvement goal

LDL Cholesterol: 129 or Less

Alternative Goals: provider consultation or meet improvement goal

Triglycerides: 150 or Less

Alternative Goals: provider consultation or meet improvement goal

Body Mass Index: 27.5 or Less

Alternative Goals: waist measurement of 35" or less (female) and 40" or less (male), provider consultation, or meet improvement goal

Other Activities Available on the Portal | Not Incentivized

Wellness Challenges

Access challenges through the link on the wellness portal. Note: challenges take place during specific timeframes throughout the program.

Cognitive Training Courses

Access cognitive training courses through the link on the wellness portal.

Microlearning Courses

Access microlearning courses through the link on the wellness portal.

Health Assessment

Complete the online health assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.

STEPS AND DEADLINES

1 Screen with Your Provider and Submit Provider Form

By 8/31/2025

Download your personalized provider screening form from the wellness portal. Submit the completed form by 8/31/2025.

2 Complete Other Activities

Access the Medical Mutual Wellness Portal to take your personalized health assessment, complete wellness courses and challenges.

3 Complete Alternative (if needed)

By 9/30/2025



Visit the Medical Mutual Wellness portal to get started!

Sign in to your My Health Plan account at www.medmutual.com/member and select Wellness Portal from the Healthy Living drop-down menu.

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

Remember, if you're not able to participate or meet the goals of your program, Medical Mutual Wellness can work with you and your provider to find an alternative way to earn the reward.