



Make your health a priority.

Welcome to the 2025 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!



Scan the QR code to get started!

Sign in to your **My Health Plan** account at 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.





GOALS AND REWARDS

Earn the reward by completing the following before 8/31/2025.

- 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.

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's an "improvement goal"?

If you don't meet a goal but we have recorded results from last program and your biometric levels have improved by the amount indicated as an alternative goal, you will automatically pass based on your improvement! You can also meet a personal improvement goal after your screening by submitting updated results before the alternatives deadline.

Note: To be eligible to pass a goal by improving since last program, Medical Mutual must have a result for that metric on file with a valid date from last program. If you had multiple results for that metric last program, your improvement will be calculated based on the best result.



IMPROVEMENT GOALS

Progress, not perfection.

Reference the charts below to determine your improvement goal(s). You will earn full credit for a goal if you meet your improvement goal either since last program OR by 8/31/2025.

For charts with Level I, Level II, etc., locate the level that your result falls in. To get credit for the goal, you would need a new result that falls within the level above (e.g., Level III to Level II).

GLUCOSE

Goal: 100 or Less

Level I	99 or Less
Level II	100-124
Level III	125-149
Level IV	150-174
Level V	175-199
Level VI	200 or More

BLOOD PRESSURE

	Systolic	Diastolic
Goal:	129 or Less	79 or Less
Level I	120 or Less	80 or Less
Level II	121-130	81-85
Level III	131-139	86-90
Level IV	140-149	91-95
Level V	150-159	96-100
Level VI	160 or More	101 or More

LDL CHOLESTEROL

Goal: 129 or Less

Level I	99 or Less
Level II	100-114
Level III	115-134
Level IV	135-159
Level V	160-189
Level VI	190 or More

BODY MASS INDEX

Goal: 27.5 or Less
or waist measurement of 35" or less (female) and 40" or less (male)

5% Weight Loss Since
Last Program
Or 3% Weight Loss by 8/31/2025

TRIGLYCERIDES

Goal: 150 or Less

Level I	150 or Less
Level II	151-189
Level III	190-239
Level IV	240-299
Level V	300-374
Level VI	375-474
Level VII	475 or More

Note: To be eligible to pass a goal by improving since last program, Medical Mutual must have a result for that metric on file with a valid date from last program. If you had multiple results for that metric last program, your improvement will be calculated based on the best result.



ALTERNATIVES

Didn't earn the 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 reward, you may be able to earn it by filing an alternative.

Why would you need to file an alternative?

- Your results were recorded incorrectly and/or you are providing a new and passing result.
- Your provider thinks it's unreasonably difficult or medically inadvisable for you to meet the wellness goals or alternatives.
- Your provider is attesting that they are providing counseling/recommendations and that you do not need to meet any lab or biometric goals.

Filing an alternative is easy:

1. Visit the wellness portal to download your alternatives form (bottom of wellness checklist page)
2. Visit your provider and bring the form
3. Upload your alternatives form on the portal by the alternatives deadline: 9/30/2025



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.

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 **1/1/2026**.