

# SLHS Medical Plans Wellness Credit

## Steps for Completing Your Criteria

All employees and spouses on the SLHS Medical Plan in 2021 will need to complete the wellness criteria between **Jan. 1, 2021-Nov. 30, 2021** in order to receive the credit in 2022.\*

**Step 1: Register for the My Wellness Matters well-being platform by going to: [join.virginpulse.com/SLHS](https://join.virginpulse.com/SLHS) or sign in at [member.virginpulse.com](https://member.virginpulse.com)**

**Step 2: Complete the Health Check Survey (required to start collecting points on platform)**

**Step 3: Complete any combination of available options to earn at least 80 points**

	Points Available
<b>Routine Wellness Exam or Well-Woman Exam</b>	40
<b>Wellness Exam Outcomes</b> – Earn up to 35 points (5 points for each outcome achieved)	
BMI $\leq 27.5$ or 5% improvement	5
Blood Pressure $\leq 130/80$ mmHg or 5% improvement	5
Fasting Blood Glucose $< 100$ mg/dL or A1C $< 5.7\%$ or 5% improvement in either target	5
Total Cholesterol $< 200$ mg/dL or 5% improvement	5
HDL Cholesterol $\geq 50$ mg/dL for women or $\geq 40$ mg/dL for men or 5% improvement	5
LDL Cholesterol $< 130$ mg/dL or 5% improvement	5
Triglycerides $\leq 150$ mg/dL or 5% improvement	5
<i>5% improvement is measured based on last validated value recorded in the My Wellness Matters well-being platform in 2021</i>	
<b>Other Preventive Screening</b> - Receive credit for one of the following if you are due: pap smear, colonoscopy, PSA, or mammogram	20
<b>COVID-19 Vaccination</b> – Documented via <a href="#">ReadySet</a> for SLHS employees, SLHS Epic or the My Well ness Matters Well-being Platform Vaccine Verified Form	20
<b>My Wellness Matters Well-being Platform Activities</b>	
<b>Take 7,000 steps 20 days in a month</b> (must sync via activity tracker) – 10 points Complete up to 1 time per quarter for a max of 4 times earned	40
<b>Track calories 20 days in a month</b> (via MyFitnessPal app integration) – 5 points Complete up to 1 time per quarter for a max of 4 times earned	20
<b>Complete a coaching call</b> - 5 points each for max of 4 times earned	20
<b>Complete a Journey</b> - 5 points each for max of 4 times earned	20
<b>Post a chat comment once/week for all weeks of the designated company challenge</b> - 5 points each for max of 4 times earned	20
<b>Track steps once/week for all weeks of the designated company challenge</b> - 5 points each for max of 4 times earned	20

NOTE: If the wellness exam, preventive screening, and/or labs are completed by a **Saint Luke's Health System provider on the Health System's Epic network**, your medical criteria will be automatically transferred. If you visit a **non-SLHS provider or an SLHS provider not on the Health System's Epic system**, you will need to take your My Well ness Matters Physician Results paper form for the provider to complete and fax or upload to the well -being platform by Nov. 30, 2021 for all medical criteria to be transferred to the platform. To download your form, click on the Benefits tab on the [well-being platform](#) and click View All and then My Wellness Matters Physician Results Form.

**Step 4: View all achieved criteria marked as **Complete** and earned points on your **Rewards** page.**

\* All criteria must be earned between 1/1/2021 – 11/30/2021 while covered on the SLHS Medical Plan and claims must be processed through the SLHS Blue KC Plan with an In-Network provider.

\*\*Employees whose medical coverage begins on or after Aug. 1, 2021 only need to complete the Health Check Survey to satisfy the Wellness Credit requirements for the current medical plan year and the following 2022 plan year.

Questions? Email [MyWellnessMatters@saintlukeskc.org](mailto:MyWellnessMatters@saintlukeskc.org) - Resources on the ePulse My Wellness Matters page