



# MIAMI COUNTY WELLNESS PROGRAM

July 1, 2025 – June 30, 2026

*Premium savings and incentives apply to the upcoming benefit plan year (2026 / 2027).*

### Wellness program requirements:

Complete levels 1-3 to avoid the premium increase.

<b>LEVEL 1 – <u>Biometric Screening</u></b> <i>Complete after July 1, 2025</i>	<b>Incentive: \$25</b>
<b>LEVEL 2 – <u>Health Assessment</u></b> <i>Complete after July 1, 2025</i>	<b>Incentive: \$50</b>
<b>LEVEL 3 – <u>Wellness Exam</u></b> <i>July 1, 2025 - June 30, 2026</i>	<b>Incentive: \$75</b>
<b>LEVEL 4 – <u>Premium Savings</u></b> <i>Plan year 2025 / 2026</i>	<b>Non-participants pay a higher premium: \$40/paycheck or \$960 / year</b>
<b>LEVEL 5 – <u>Optional Engagement*</u></b>	<b>Incentive: \$100</b>

**\*\*New employees:** If your hire date is before January 1, 2026, you are subject to wellness program requirements for premium savings for the 2026 / 2027 plan year.

Wellness incentives will be paid by special payroll. **NOTE: You must be an active, benefit eligible employee, at the time the incentives are processed in order to receive such payment.**

**\*Optional wellness engagement:** Optional engagement activity must be completed between July 1, 2025 and June 30, 2026

- Participate in a wellness event: health fair, blood drive, etc. *(submit proof of participation)*
- Participate in an organized race/walk *(submit proof of participation (photo, lanyard, medal))*
- Participate in a Smoking Cessation program *(submit proof of participation)*
- Participate in a Diabetes support program *(submit proof of participation)*
- Participate in an EAP Webinar *(submit certificate of completion)*
  - Go to the EAP website [www.EAPHelpLink.com](http://www.EAPHelpLink.com) enter code **KCLEAP5** and look for online seminars in the lower left-hand corner of the homepage.

If you have any questions about the wellness program, please contact human resources at (913) 294-9530.