



Make your health a priority.

Welcome to the 2025 Wellness Program

By participating in Cleveland Guardians' voluntary wellness program, employees can earn prizes¹ throughout the season.

NEW for 2025! Teammates on the Guardians health plan who earn 10 points by 9/30/2025, will receive a discount on their December 2025 health insurance premium!

- Earn 1 Point by Opening Day for the Lead Off Raffle.
- Earn 5 Points by July 1, 2025 to be entered into the All-Star raffle for a chance to win a Guardians Team Store shopping spree or Playhouse Square Tickets.
- Earn 10 Points by September 30, 2025 to be entered into a raffle to win the Grand Prize: an exercise stipend, meal kit service, grocery store shopping spree, or Vitamix Blender.
- There will also be monthly participation raffles for the chance to win gift cards.

¹Prize substitutions available for out-of-state residents



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 points by completing the following before 9/30/2025.

- Health Assessment | Required to Unlock Reward +1 Point**
Complete the online health assessment through the link on the wellness portal. Answer all of the questions to the best of your ability.
- Health Screening | 2 Points**
Complete a screening on-site or with your provider. For your screening to be considered complete, at least one biometric result (for example: weight, height or blood pressure) and one result from a blood panel must be submitted. If you already had an appointment with labwork on or after 11/1/2024, you can submit those results instead of completing another screening.
- Preventive Care Services* (Up to 2) | 1 Point Each**
Eligible Services: annual physical, mammogram, colonoscopy, PSA exam, dental exam, vision exam/diabetic retinal exam, skin cancer screening.
- Vaccinations* | 1 Point**
Eligible Services: COVID vaccine, pneumococcal vaccine, flu vaccine, herpes and shingles vaccine.
- Self Reported Company Wellness Activities | 1 Point**
Financial 1:1, Basketball Tournament, Softball Tournament, and Community Volunteer Events. Additional activities to be announced later in the year.
- H2O Challenge | 1 Point**
Self Report on the wellness portal. More details to come from HR.
- Three Microlearning Courses | 2 Points**
Access microlearning courses through the link on the wellness portal.
- Physical Activity or Step Tracking** | Up to 2 Points**
Tier 1: Complete 750,000 steps or 3,500 activity minutes for 1 point.
Tier 2: Complete 1,000,000 steps or 5,000 activity minutes for 2 points.

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.

**For these services you will automatically receive credit through your health insurance claim within 3-6 weeks, if you're enrolled in the medical plan. If you haven't received credit after 6 weeks or the program deadline is approaching, please submit a preventive care form (available on the resources page of the wellness portal) by the alternatives deadline. If you are not enrolled in the medical plan, you will not receive credit automatically and will need to submit a preventive care form. Note: you may have already received credit for any of these services completed between 11/1/2024 and 9/30/2025.*

***Complete both tiers and earn 2 points.*



ALTERNATIVES

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

Why would you need to file an alternative?

- Your provider thinks it's unreasonably difficult or medically inadvisable for you to meet the wellness goals or alternatives.

2. Visit your provider and bring the form

3. Upload your alternatives form on the portal by the alternatives deadline: 10/31/2025

Filling an alternative is easy:

1. Visit the wellness portal to download your alternatives form (bottom of wellness checklist page)



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. Most preventive care services are typically covered at 100% as well. (Always confirm coverage details with your health insurance provider.) On-site screenings are covered by your employer. 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?

Raffles will begin in April 2025. Premium discount will take effect December 2025.