

MedMutual WELL™

Make your health a priority.

Welcome to the 2026 Wellness Program

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

Scan the QR code to get started!

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

Questions? Give us a call toll free at 1-866-953-4187 or send us a message on the portal.



GOALS AND REWARDS

Earn rewards by completing the following:

☐ Health Assessment

Complete the Health Assessment by Opening Day to be eligible for the Lead Off Raffle. Two winners receive a pair of *club seat tickets.

☐ Silver Status

Achieve Silver Status by July 1st to be entered into the All-Star raffle. Two winners receive a *$200 Team store shopping spree.

☐ Gold Status

All participants who achieve Gold Status by October 31st will enter the raffle for the chance to win a $200 Exercise Stipend! Guardians' health plan members who achieve Gold Status by October 31st will also be eligible for a discount on your December 2026 health insurance premium!

☐ Platinum Status

All participants who Achieve Platinum Status by December 31st will receive **Amazon gift cards!

Log into the NEW wellness portal to get started!

Navigate to **medmutualwell.powerofvitality.com** on your web browser. Register your account to begin participating. You will need your member ID from your Medical Mutual ID card. Non members may contact their HR department for their membership ID to get started with registration.

View the details of your incentive plan by selecting the **Rewards** tab in your wellness portal. Click on the Incentive Plan to see your progress as you complete the required activities to earn the reward.

Not sure if the program is right for you?

You may be able to earn the reward another way. Learn more about waivers on your wellness portal or by calling Medical Mutual toll-free at 1-866-953-4187.

**Prize substitution for out of state teammates*

***Value to be determined by HR*

ALTERNATIVES

Didn't earn the full reward?

Make sure to review your results as soon as you can.

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.

Complete a waiver:

1. Visit the wellness portal to a waiver form (bottom of the home page)
2. Visit your provider and bring the form
3. Submit your form by 12/31/2026

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 1-866-953-4187 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 2026. Premium discount will take effect December 2026.