

Archdiocese of New Orleans Wellness Incentive Program Overview



The Archdiocese of New Orleans and UMR have teamed up to offer you opportunities to earn cash for making healthy lifestyle choices.

All employees, spouses and retirees (not on Medicare) enrolled in the ANO group medical plan are eligible to be entered in any of these wellness programs:

1. Annual Wellness & Screening

Visit your health care provider for an annual wellness exam and agree to complete appropriate recommended screenings (examples: lab work, EKG, mammogram). Participants must complete the enclosed Provider Verification Form and have it signed by the provider to earn a **\$100 MasterCard gift card**.

The completed **Provider Verification Form** must be returned to UMR Wellness Resource Consultant Tawnya Ridi by scanning and emailing it to her at tawnya.ridi@umr.com.

One reward card per person (visits completed from 1/1/23-12/1/23 can be entered WITH completed verification form).

2. Ongoing Condition CARE

UMR's Ongoing Condition CARE program offers personal health coaching for individuals with the following chronic health conditions: asthma, high blood pressure, diabetes, coronary artery (heart) disease, chronic obstructive pulmonary (lung) disease and heart failure.

Members can enroll online at umr.com. Log in to your member account and go to the **Health Center**. Then select the **"Ongoing conditions"** tile. Or enroll by calling toll-free to **1-866-575-2540**.

\$100 reward cards are available to those who enroll and complete at least two coaching calls.

Members will be contacted by UMR Wellness Resource Consultant Tawnya Ridi to confirm completion and verify your address for reward card distribution. Verification will occur after two coaching calls are completed.

3. Maternity CARE

UMR's Maternity CARE program offers personal coaching to help members learn how to reduce the risk of complications and support successful, full-term pregnancies.

Members can enroll online at umr.com. Log in to your member account and go to **Health Center**. Then select **"Expecting a baby?"** then **"begin here."** Or enroll by calling toll free to **1-888-438-8105**.

\$200 MasterCard gift cards will be awarded to mothers' who complete the Maternity CARE program.

4. Wellness inspiration story

Share your health/wellness/weight loss success story with the Archdiocese of New Orleans community and inspire others to embark on achieving their goals.

\$100 reward cards are awarded to those whose stories are printed in the weekly Wellness Wednesday newsletter and used throughout the ANO wellness campaign.

Qualifying stories must be submitted to UMR Wellness Resource Consultant Tawnya Ridi by emailing it to her at tawnya.ridi@umr.com.

5. Clinical Health Risk Assessment (CHRA)

Complete an online questionnaire to receive a personalized wellness score and find out whether you are at risk for developing health conditions in the future.

Log in to your member account on umr.com, and from the home page choose the Take a CHRA button. Click the **Get started!** button from the wellness activity center landing page, then under **Clinical health risk assessment (CHRA)**, press the **Start** button.

When you have completed your CHRA, sign the Clinical Health Risk Assessment Verification Form found in your incentive mailing packet or on the ANO Employee Wellness Program website, <http://go.umr.com/ANO-wellness>. Scan and email it to UMR Wellness Resource Consultant Tawnya Ridi at tawnya.ridi@umr.com to earn a **\$100 reward card**. Tawnya will contact you to schedule a 10-minute phone consultation to discuss the results. However, this phone call is not mandatory for receiving your reward card.

Program Guidelines:

Dependent children are not eligible to receive wellness incentives. All verification forms must be received by **12/01/23**. Members may participate and are eligible to win rewards once per plan year in **ALL** categories.

Verification forms should be scanned and emailed to the wellness resource consultant at: Tawnya.ridi@umr.com

If you have issues with scanning documents into an email, please call Tawnya Ridi at 1-612-383-3827 for assistance.

Questions about wellness incentives can be directed to:

Tawnya Ridi, UMR Wellness Resource Consultant

Phone: 1-612-383-3827

Email: tawnya.ridi@umr.com