

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 these wellness programs.

Annual wellness and screening

Complete your yearly wellness exam and biometric screening to earn a **\$100 MasterCard gift card**. Here's how it works:

Step 1: Schedule and complete your yearly wellness exam, including biometric and age-appropriate screenings.

Step 2: Have your doctor sign the **Provider Verification Form** verifying that you completed your exam and screenings.

Step 3: Submit the form to Tawnya Ridi via email and receive a \$100 MasterCard gift card.

It's that simple! By taking proactive steps to monitor and maintain your health, you not only benefit personally but also receive a reward for your commitment.

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 Coordinator Tawnya Ridi by emailing it to her at tawnya.ridi@umr.com.

Earn as you burn

Visit the gym eight times a month, for **three months in a row** (a total of 24), then email your proof of participation to Tawnya Ridi and earn a **\$100 reward card**.

Proof of gym attendance must be in the form of a screen shot from an app or website proving a gym check in or a time-stamped picture. Qualifying gym attendance verification must be emailed to UMR Wellness Coordinator Tawnya Ridi at tawnya.ridi@umr.com.

This program begins **March 1, 2024**. Choose your three-month time frame and make sure to visit the gym at least 24 times. You can submit as many as three 24-visit verifications to earn the reward.

Monthly Wellness Win bingo game

Each month you will be emailed a health and wellness-themed bingo board to complete for **MasterCard gift cards**.

To verify completion of a wellness bingo board activity, participants are required to submit a reflective journal entry on each completed box. Once you finish four activities, email **Tawnya Ridi** your journal entries to earn a \$25 MasterCard gift card. If you finish the entire board, email Tawnya all 24 journal entries to receive a **\$100 MasterCard gift card**. Prizes may vary each month.

The bingo game premieres **March 1** and will continue throughout the year. All journal entries are due the first of each month. Late entries will not be counted toward earning a reward card. Please email your journal entries to Wellness Coordinator Tawnya Ridi at **tawnya.ridi@umr.com** to qualify for your reward card.

In addition to these programs, employees, spouses and retirees (not on Medicare) enrolled in the ANO group medical plan may qualify for the following programs, based on medical history and/or diagnosis:

Ongoing Condition CARE

UMR's Ongoing Condition CARE program offers personal health coaching for individuals with a chronic condition.

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

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

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

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**. Sign in to your member account and go to **Health Center**. Then select **Expecting a baby?** then **begin here**. Or enroll by calling toll free **1-888-438-8105**.

Mothers-to-be who sign up for the Maternity CARE program will receive a **one-month supply of diapers** and a **plush teddy bear**. Once the mother finishes the program, she will receive a **two-month supply of diapers**. Recipients can choose any brand and any size. Diaper gifts are not time sensitive and never expire.

Program guidelines

Dependent children are not eligible to receive wellness incentives. All verification forms must be received by 12/31/24. Members may participate and are eligible to win rewards once per plan year in eligible categories.

Verification forms should be scanned and emailed to Tawnya Ridi, Wellness Coordinator at tawnya.ridi@umr.com. If you have issues with scanning documents into an email or have questions about wellness incentives, please call **Tawnya Ridi** at **1-612-383-3827** for assistance.

