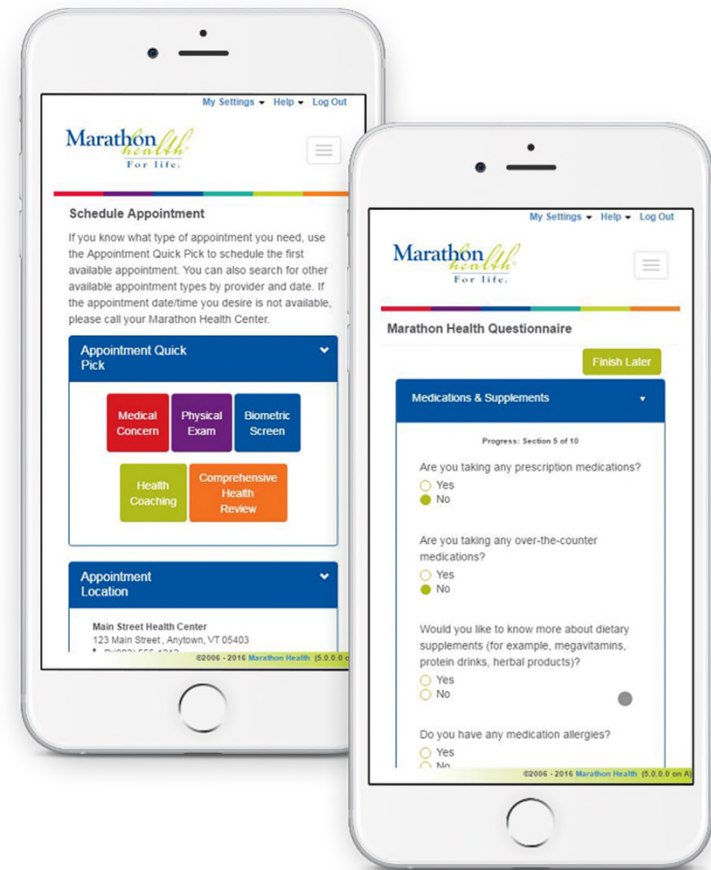


# Technology to Support Your Success

- Secure messaging
- Online scheduling
- News and health updates
- Reminders
- Wellness goals and scoring
- Wearable technology integration
- Fitness tracking
- Wellness Challenges
- Online Workshops
- Incentive Tracking
- Telehealth



# Wearable Device Integration and Wellness Challenges

Wearable Device Integration with of the industry's leading wearable devices and fitness trackers:

- FitBit
- JawBone
- Garmin



Challenges

Challenge in Progress

### 25 Million Step Challenge

Challenge Dates: 9/20/2017 - 10/20/2017      Goal: 10,000 Steps Daily      [Record Steps](#)

Walk, run, jump or skip your way to a healthier lifestyle. Just get moving and track your steps for the opportunity to win numerous weekly prizes! Aim for 10,000 steps a day as part of this companywide step challenge. Together, we can reach 25,000,000 steps! Departments will compete for bragging rights and a Department prize for the highest average number of steps per person. Teams are: Police, Fire, Public Works, Parks & Rec, and Admin Your steps will be tracked using one of the following wearable devices: Fitbit, Garmin, & Jawbone. Or you can self-log your steps under the Steps Record. To connect your device click on Connect My Devices and Apps from the homepage.

13%

Total: 39,000 steps of 310,000 Steps

| Name         | Total Steps | Avg. Steps/Member |
|--------------|-------------|-------------------|
| Public Works | 206,876     | 103,438 steps     |
| Police       | 40,200      | 13,400 steps      |
| Admin        | 0           | 0 steps           |
| Fire         | 0           | 0 steps           |
| Parks & Rec  | 0           | 0 steps           |

[Unregister](#)

Individual and Team Based Challenges available:

- Steps
- Exercise Minutes
- Weight Loss by Percent
- Maintain Don't Gain
- Sleep Hygiene
- Hydration (Q3, 2018)

# Incentive Tracking

My Settings ▾ Help ▾ Log Out

**Marathon**  
*health*  
For Life.

Home Appointments Messages My Health Record ▾ Wellness ▾ Resources ▾

Questionnaires

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**Incentive Program Details**

Employee Incentive Program 2017-18 (12/31/2016-12/30/2017) ▾

**Employee Incentive Program 2017-18** 0 / 100 Points

In order to receive your medical premium discount you must complete the following activities and earn a total of 100 points.

1. Complete your Biometric Screening (25 points)
2. Complete Health History and Risk Assessment (HHRA) or HRA Update (25 points)
3. Complete a health coaching visit (25 points)
4. Complete a Age/Gender Indicated Preventative Screening (25 points, self-reported)

Any self-reported activities are subject to audit/review at any time.

| Required Activities (Max = 100 Points)                               | Points Earned | Available Points |
|--|---------------|------------------|
| Complete your Biometric Screening ⓘ                                  | 0             | 25               |
| Complete your Health History Risk Assessment HHRA or HRA Update      | 0             | 25               |
| Complete a Coaching Visit at the Marathon Health Center              | 0             | 25               |
| Complete a Age/Gender Indicated Preventative Screening (25 points) ⓘ | 0             | 25               |
| <b>Total Points:</b>   | <b>0</b>      | <b>100</b>       |

- Allows employees to view the activities of the incentive program and track earned incentive points
- Automates point assignment for activities completed through the Health Center
- Incentive program can include self-reported activities