

2023 SJCS D HRA Program

Program Dates: January 1 - November 15, 2023



Program Details:

The Health Risk Assessment Surcharge Program (HRA) consists of two steps: an online HRA (Health Risk Assessment) and a Biometric Screening (**with fasting**) at one of the Marathon Health Wellness Centers. The HRA Surcharge Program is to be completed at one of the three center locations ONLY: O'Connell Wellness Center, Nease Wellness Center, or Pedro Menendez Wellness Center. HRA results are private, confidential, and are not shared with St. Johns County School District. Following your screening, you can download your lab results online and take them to your physician if you choose.

Program Guidelines for Participation:

- All active employees and spouses enrolled in the SJCS D Self-Funded Medical Plan, regardless of age.
- Retirees of SJCS D that are covered under the Medical Plan and their covered spouses under age 65.
- Beginning January 1, 2023, employees born in an **ODD year** and covered under the medical plan are required to complete the HRA by November 15, 2023 (e.g., 1965).
- Employees born in an **EVEN year** and covered under the medical plan are **NOT** required to complete the HRA in 2023. In this case, employees and their spouses will be required to complete these steps from January 1, 2024, through November 15, 2024.
- Employees hired after **March 24, 2023**, and born in an **ODD year** are **NOT** required to complete these steps by November 15, 2023.
- Spouses of covered employees are required to complete the HRA by following the EMPLOYEE'S birth year, regardless of the spouse's birth year (e.g., the employee's birth year is 1965, but the spouse's birth year is 1964).
- This program does not apply to enrolled-dependent children regardless of age.
- If you are enrolled in FAMILY WITH 2 health insurance coverage, both parties follow the HUSBAND'S birth year.
- Same-sex FAMILY WITH 2 employees follow the person with the earlier birth month. For example, if your birth month is July and your spouse's birth month is February, you both follow the birth year of the person born in February.

Required Program Steps:

To complete the two HRA Program requirements, log in to your Marathon Health account by visiting <https://my.marathon-health.com/login> Select the "**Incentives**" tab and scroll down to the bottom of the page under "**Goals**" to view and complete the two HRA Program requirements. Both steps must be completed by **November 15, 2023**, to avoid the surcharge in 2024 and 2025. The details are below.

• Step 1 - Complete the Marathon Health Risk Assessment (HRA):

Visit <https://my.marathon-health.com/login> to complete the Health Risk Assessment. Once you have completed all of the assessment questions, select "Complete the Health Risk Assessment". Then, select the option to "Send to My Health Record".

• Step 2 - Complete a Biometric Screening:

Schedule your appointment for a Biometric Screening (**with fasting**) at one of the three Wellness Centers by visiting <https://my.marathon-health.com/login> Under the "Goals" section, select "Complete your Biometric Screening". Then, click through the following prompts: "Go to Schedule", select the "member", select "Preventative", "Biometric Wellness Screen", click "Next", select your preferred Wellness Center, select an appointment time, and then click "Confirm Appointment."

For additional information, scan the below QR code to access the Marathon Health Portal Guide



Surcharge Information:

- SINGLE: \$10 surcharge per pay period will be assessed for 2-years effective January 2024 through December 31, 2025, if the employee covered under the medical plan does not complete HRA in 2023.
- FAMILY: \$10 surcharge per pay period, per employee and/or spouse for non-completion, for 2 years, effective January 2024 through December 31, 2025, if either employee or spouse covered under the medical plan does not complete HRA in 2023.

Exemptions:

Exemptions for the HRA Surcharge Program will be considered on a case-by-case basis for extreme extenuating circumstances. Exemption requests need to be submitted via the SJCS D 2023 HRA Exemption Request Link; provided below.

<https://survey.alchemer.com/s3/6968579/SJCS D-2023-HRA-Exemption-Request>

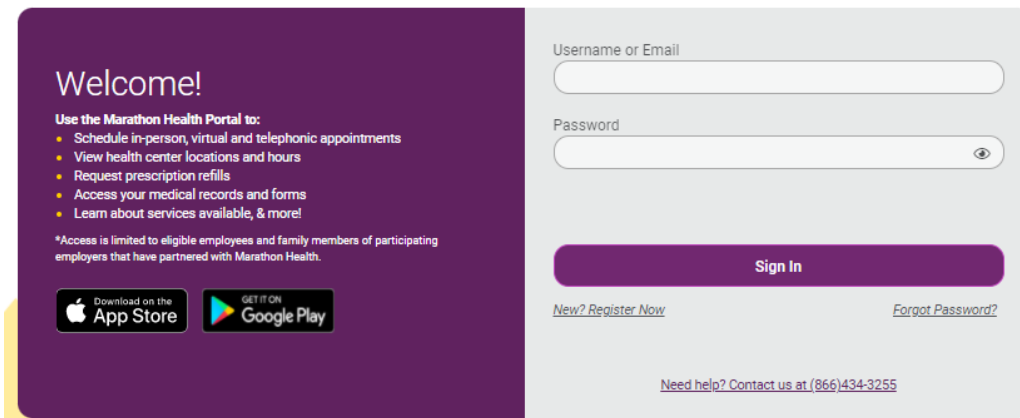
Exemptions must be received by **November 1, 2023**. If you have previously submitted an exception request in years past, you will need to submit a new appeal this year by the date above as exemptions do not carry over.

Incentive Program Portal Guide



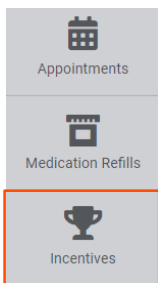
Log in to the Marathon Health Portal

You can log in to the Marathon Health Portal at my.marathon-health.com from any computer or mobile device that has access to the internet. If you need assistance with your username and/or password, please click the “New?” or “Forgot Password?” links below the “Sign In” button.



View Your Program

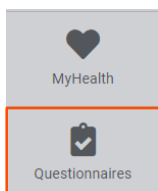
Click on the Incentives tab on the homepage to view your activities and progress towards completing the incentive program. For additional information on each activity, click on a specific activity under the goals section. Once activity has been completed, you will see a confirmation date listed under the date confirmed section. Points for the Health Risk Assessment will be marked as pending upon completion and confirm in 24-48 hours. Biometric screenings can take up to 7 days for points to be confirmed in the incentive program.



Goals		
Goal	Value	Date Confirmed
Health Risk Assessment	1 point	
Biometric Screening	1 point	

Questionnaires

Click on the Questionnaires tab on the Marathon Health Portal homepage. Points will be awarded upon completion of the questionnaire and sending the results to your record.



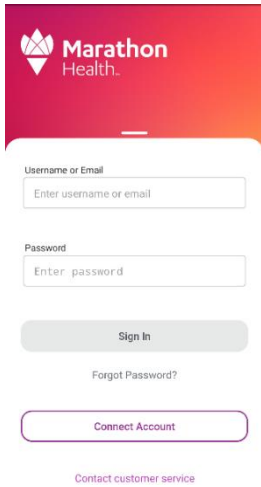
Health Screening Questionnaires

Health Risk Assessment (HRA) (Incentivized Questionnaire) - Collects personal medical history information, symptoms, problems, screening tests and other medical information that provides valuable information about your overall health.

Navigating Incentives in the App

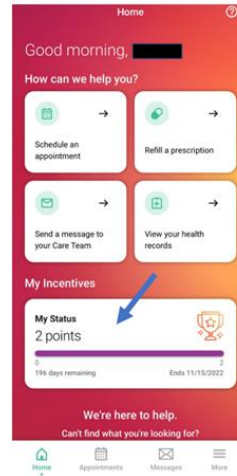


Logging in to the App



Download the App and log in using your Marathon Health credentials. If you need assistance with your username and/or password, please click the “Forgot Password?” or “Contact customer service” links.

Access Your Incentives



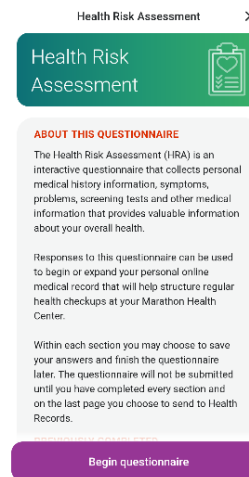
When logging in to the Marathon Health App, “My Incentives” will be located on the home page. Once you select the “My Status” box, it will open the Incentives tab.

Complete your Activities



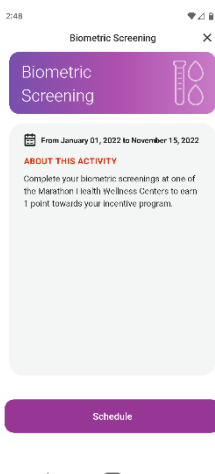
In the Incentives tab, your status, program, and incentive activities are listed. If you select the green portion – Health Risk Assessment or purple portion – Biometric Screening, the dates of completion are listed, if completed.

Complete the Health Risk Assessment



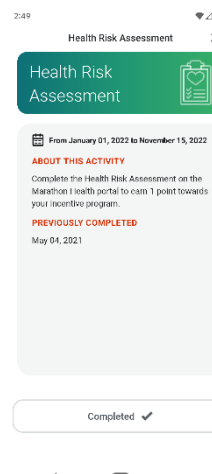
Click on the Health Risk Assessment tab on the Marathon Health App homepage or in the Incentives tab. Once your Health Risk Assessment has been completed, points will automatically show as pending and will confirm within 24-48 hours.

Complete a Biometric Screening



Complete a Biometric Screening with Marathon Health. Schedule right through the App or by calling the health center. Once your screening has been completed, points will reflect in your program within 7 days.

Confirm Completion of Your Activities

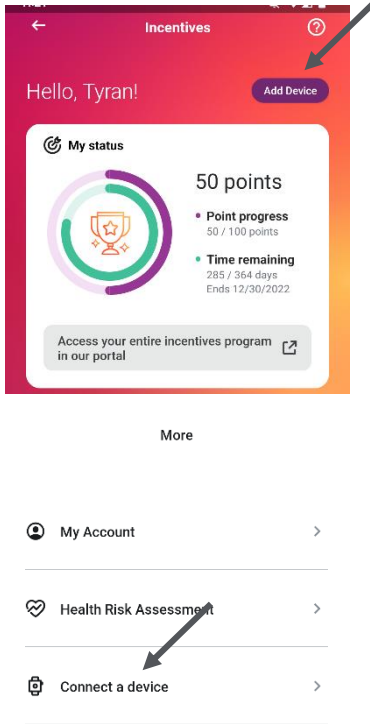


Once your activities have been completed, they will be marked as completed at the bottom of the screen.

Connecting Devices in the App

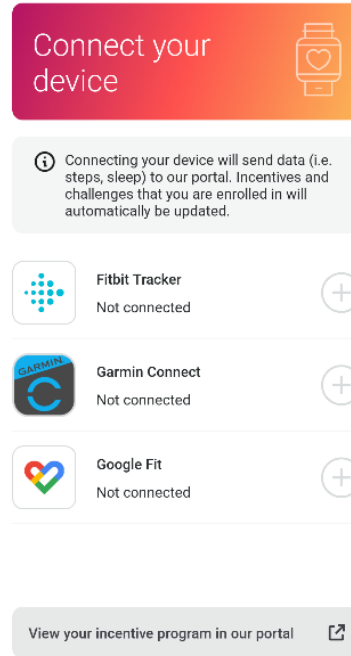


Adding Your Device



You can connect your wearable device in the Incentives tab by clicking on the “Add Device” button or by clicking on the more tab at the bottom of the home screen and choosing the “Connect a device” option.

Choose Your Device



Choose the device/app you wish to connect by clicking on the + button.

If you have an App for your wearable device, you will be asked to agree to share data to sync your device.

If you do not have an App for your wearable device, you will be prompted to log in to your account using your wearable device username and password information.

Tracking Your Progress

To view data synced from your wearable device or app, click on the “View your incentive program in our portal” button to be redirected to the mobile optimized portal. This will redirect you to the mobile optimized version of the portal. Expand the navigation menu selection on the left and select the “MyHealth” tab in the menu. Choose “Wellness Logs” and click on the data you would like to view.

