



Montgomery County/YMCA Wellness Program 2023



REQUIRED ACTIVITIES FOR CURRENT EMPLOYEES AND
NEW EMPLOYEES HIRED BETWEEN JAN. 1 & MARCH 31, 2023

Complete all required activities to earn incentive dollars!

\$1,380
For Employee

\$600
For Spouse

► **Biometric Screening - Submit by 5/31/2023**

- Complete onsite during scheduled Montgomery County events or with your primary care physician by uploading the file to the wellness portal

► **Member's Choice - Submit by 12/31/2023**

(Choose one activity dated 2023)

- Medical exam, dental exam, vision exam, vaccine, booster shot, visit with a licensed mental health professional or other preventative screenings
- Must be submitted through the wellness portal

► **Microlearnings – Complete by 12/31/2023**

- Choose one microlearning course on the wellness portal

► **Courses or Wellness Coaching - Complete by 12/31/2023**

- Additional requirements based on biometric screening results

Get started by logging on to [Montgomerycounty.medkeeper.com](https://montgomerycounty.medkeeper.com)
Group key code: MC1234

*Incentives & Eligibility: Incentives are available to employees and spouses enrolled in a Montgomery County medical plan and hired or benefits-eligible before April 1, 2023. Employee must be active on payroll with an active HSA or HRA when incentives are deposited in order to receive the deposit. Annual incentive dollars are projected to be deposited in March 2024.

For assistance with the wellness portal or to discuss a reasonable alternative for an activity due to a disability, contact the wellness platform support team at YWellnessSupport@daytonymca.org or 937-531-4444.