

# FT Monthly Newsletter

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To find any type  
of running or  
walking event:  
[www.active.com](http://www.active.com)

*Be sure to look at your portal to  
submit points. There are 29 ways!*

*If you don't remember how to get  
to your portal:*

- Go to [www.hmcwellness.com](http://www.hmcwellness.com)
- Scroll down to "resources"
- Click on the large Fast Track icon

*Congratulations to the 65 Fast Track  
participants who participated in the  
30% Point Boost Program from  
September 15 - September 30th.*

*Your boost will be added to the total  
points as of September!*

*Reminder: Your total points as of  
December 31, 2018 will determine:*

- Insurance status levels for 2019
- Family membership level at the Wellness Center for 2019



## Preventative Health Screenings:

500 Points Awarded for  
participating in a screening!

Additional 500 points if you are  
receiving your first ever  
mammogram screening during  
October of 2018.

(Please write on your verification  
form if this is your first screening.)



Do you get back pain, hip pain, neck pain, eye strain, numbness or any other  
muscle and joint pain from working all day?

If so, you might need an **Ergonomic Workstation Assessment** to fix the issue.

Call the Wellness Center at 4500 to get in contact with a certified ergonomist to  
come assess your space.

**300 Fast Track Points for Assessment**

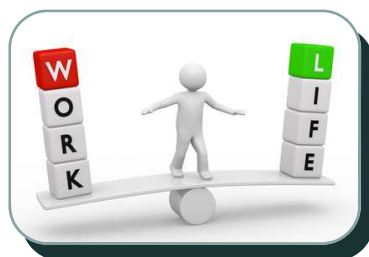


## Converting to the 2017 Point System

As requested per the survey, we are converting back to the 2017 point system.

This system is not as strict as the 2018. We will go through all of your points and reconcile your points to reflect the proper track according to the 2017 point scores.

This change will only reflect the track levels. The awards scoring will remain the same.



### 2017 Point System

Track 1  
0-7500 (employee only)  
0-9500 (employee + spouse)

Track 2  
7501-15,000 (employee only)  
9501-18,000 (employee + spouse)

Track 3  
15,001-22,500 (employee only)  
18,001-26,500 (employee + spouse)

Track 4  
22,501-30,000 (employee only)  
26,501-35,000 (employee + spouse)

## Fast Track Awards Benefit - Insurance

Insurance Benefit -

There are four tracks of point accumulation for HMC insurance premium discount. Each level represents the discount level that you could receive by December 31, 2018. This benefit will take effect as of January 1, 2019 and be good for calendar year 2019.

Current Benefit:

Track 1 - NO discount for 2019

Track 2 - 5% discount for 2019

Track 3 - 15% discount for 2019

Track 4 - 25% discount for 2019

## Fast Track Awards Procedure - Gift Cards

The 2018 gift card benefit is still 2,500 points per card for employee only status and 2,916 points for employee + spouse status up to \$300. There are no discounts on gift cards per track.

Additionally, the choice of cards and distribution have changed. We are only issuing four types of cards to choose from.

We have gotten away from issuing eCards due to people deleting them in their emails, emails getting lost and primarily, the eCard companies are changing out what companies they work with.

We are now going to actual cards. Once the new card submission document is received, the cards will be

able to be picked-up at the Wellness Center Front Desk.

**Please go to:**

[www.hmcwellness.com](http://www.hmcwellness.com)

**Scroll down to:**

FT Documents

**Click on:**

2018 Gift Card Request

## October Events:

### Lunch and Learn—CxT Coffee with Tristan Popadziuk 500pts

- Wednesday, October 24
- 12:00 - 1:00
- Wellness Center

### Table Event - Ergonomics with Greg Eberle ATC 500pts

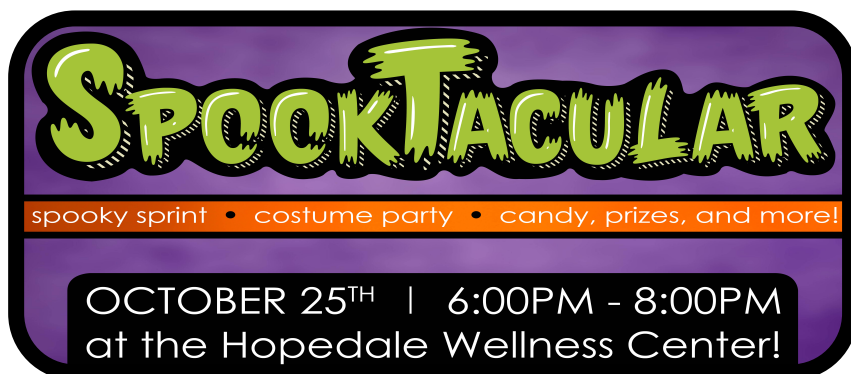
- |                         |                      |
|-------------------------|----------------------|
| • Wednesday, October 10 | • Monday, October 15 |
| • 9:00 – 11:00          | • 4:00 – 5:30        |
| • Wellness Center       | • Hospital Lobby     |

### Fast Track Halloween Costume Contest 800pts.

- Go to [www.hmcwellness.com](http://www.hmcwellness.com) for details
- Details will be posted on [hmcwellness.com](http://hmcwellness.com) on October 5th

### We Need CANDY for Spooktacular 75 points for each bag

- Get rewarded while helping support a Wellness Center signature program
- Drop off bags of candy to the Wellness Center by October 21st
- Get 75 points for each bag donated
- Sign the donation sheet at the front desk to have points submitted.



### HMC Event Volunteerism is 500 points

You can register to volunteer on the sign-up genius link  
coming to your HMC email inbox soon!





Not only you will receive a monthly newsletter with Fast Track information but utilizing the Fast Track webpage will have the most current information to suit your needs.

We encourage you to go to:

**[www.hmcwellness.com](http://www.hmcwellness.com)**

for all Fast Track information.

Verification forms to submit or questions that need answering, email:

**[fasttrack@hopedalemcc.com](mailto:fasttrack@hopedalemcc.com)**

Your personal portal to submit points:

**[hopedale.personalhealthportal.net](http://hopedale.personalhealthportal.net)**

**309.449.4500**



*Inner Peace*

## October Reflection

**Is my path to health and wellness flowing in the right direction?**



## October Goal:

**Take a walk in nature and breath!**

**Find the calm in your personal storm.**