

FT Monthly Newsletter

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To find any type
of running or
walking event:
www.active.com



Fast Track Survey Results

There were 166 survey monkey surveys sent to the Fast Track participants who signed up for the program in 2018.

The survey was from August 2 - August 9. Each participant was asked 4 questions and the #5 question was a comment section about the program.

We received back 50 responses.

The purpose of this survey was to obtain a better insight of how the program is working for the employees and where we need to improve.

Administration has read the results and we met on August 30th to discuss the results and what is the best resolve based off the information received.



HMC.....we are listening!

In this newsletter, the top results of this survey are revealed. Please take a moment to look over them.

It is our goal to provide a program that you can benefit from. It is not the intention to make it difficult.

Your feedback is important to us.

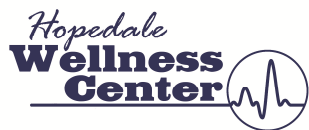
For more information, please go to:

www.hmcwellness.com

Question :	Top Answer:	Resolve:
1. What you would change to be engaged in the 2018 Fast Track program?	Convert back to the 2017 point system.	We will be converting back to the 2017 point system and your track will be adjusted.
2. What would make it easier for you to engage more in the Fast Track program?	Make the navigation & instructions on the personal portal easier to understand	We are currently working through the verbiage and change with the web company
3. How would you prefer communications about Fast Track?	Receive a monthly newsletter via email about current Fast Track information	You are reading the first one! Fast Track email newsletters 1st of each month
4. What is the "driving force" for you to participate in the Fast Track program?	Improvement of overall health	We will develop programs that are more conducive to time constraints



Insurance Benefit



Membership Benefit



Save money. Live better.



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

Scroll down to:

FT Documents

Click on:

2018 Gift Card Request

30% Points Boost Program

It's time for a BOOST!! There will be a Fast Track representative making their way around to each department on the HMC Campus during the week of September 10th - 14th delivering points coupons to Fast Track participants.

The coupon will look exactly like the copy below. You must bring your coupon to the Wellness Center to redeem your boost?

The roster form will not be available to sign until 9/15/18

FAST TRACK POINTS
COUPON 2018

30% FT Points BOOST!!!

Criteria for Redemption

You must be enrolled in the 2018 Fast Track program since January of 2018

You **must sign** the roster form at the **Wellness Center Front Desk** between September 15th - September 30th in order to receive the **Points Boost**.

(Strict Timeline! Opportunity is lost after 5pm pm on September 30th.)

The 30% Boost will be turned in as an October event and will reflect your points in October.

Point Category Adjustments

Volunteerism:

Current: HMC Event 500 points / Non-HMC Event 250 points
with 2 continuous hours of service

New as of 9/1/18: Points are the same but service time is 1 hour in length

Verification Pictures: None are required for any of the point categories

Wellness Center Programs

September:

Lunch and Learn -

Healthy Joints w/ Judy Mussleman

Date: Wed. 9/19 Time: 12-1pm Where: WC

Table Event -

"Stop the Bleed" w/ Aaron Weidman

Date: Wed. 9/26 Time: 9-11am Where: WC

October:

Lunch and Learn -

CxT Coffee w/ Tristan Popadziuk

Date: Wed. 10/24 Time: 12-1pm Where: WC

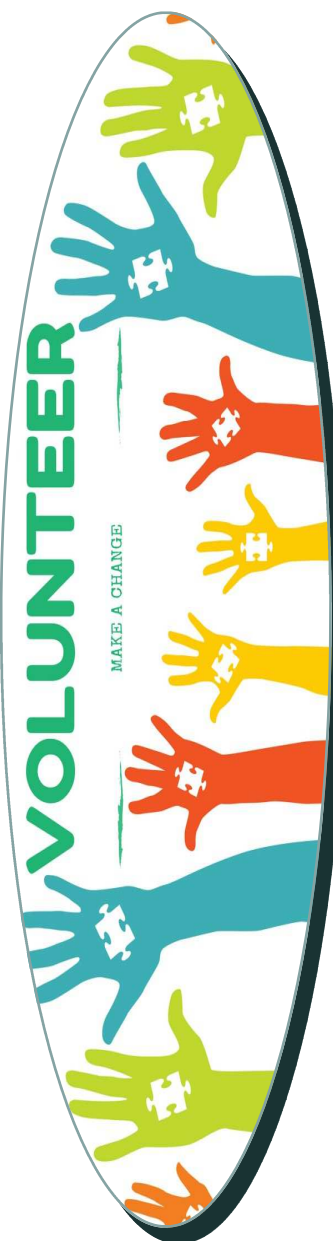
Table Event -

Ergonomics w/ Greg Eberle

Date: Wed. 10/10 Time: 9-11am Where: WC



Be sure to check your emails for volunteer opportunities!





**know YOUR
numbers**

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

for all Fast Track information.

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

fasttrack@hopedalemc.com

Your personal portal to submit points:

hopedale.personalhealthportal.net

309.449.4500



Six Month Health Risk Assessment

Don't forget to fill out your six month Health Risk Assessment.

The link for your second HRA is active on each of your portals.

Biometric Screening Points – 6 month Follow-Up

Points awarded for maintaining or improving:

- BMI: Less than 30 = 500 points
- Male Waist Circumference less than 40 inches = 125 points
- Female Waist Circumference less than 35 inches = 125 points
- Systolic Blood Pressure Less than 140 = 125 points
- Diastolic Blood Pressure Less than 90 = 125 points
- Total Cholesterol Less than 200 = 125 points
- High Density Lipids (good) 40 or higher = 125 points
- Low Density Lipids (bad) 100 or less = 125 points
- Triglycerides Less than 150 = 125 points
- Glucose Less than 100 = 125 points

**You get 500 points
for just taking the
HRA PLUS the
additional points as
mentioned!!**