



**HEALTHY IS
WELLNESS**

MACo HCT Healthy Is Wellness Incentive

- Healthy Is Wellness program is included in your Health Care Benefit package at no cost to you
- Incentive is available to employees and dependents 18 or older covered on MACo HCT medical plan (*Members of your family NOT covered on the plan may participate in the wellness program but are not eligible for the incentive. We encourage you to bring them!*)
- Must complete 4 monthly visits before incentive is paid by MACo HCT for a total reimbursement of \$200 per calendar year (*\$100 paid after 1st four visits, an additional \$100 paid after 8 visits.*)
- Runs January 1, 2022— December 31, 2022

Wellness: the quality or state of being in good health

The wellness program offered is more than weight loss.

We simplify and personalize wellness.

- ⇒ One-on-one coaching
- ⇒ Achievable goals, set by you
- ⇒ Medical grade feedback

<https://mtcounties.org/wellness-programs>