



Your 2022-2023 Wellness Incentives at a Glance

Sarasota Memorial Health Care System

Maintain your \$10 per pay period health insurance premium credit

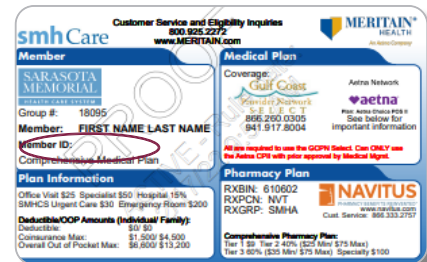
Your wellness credit will be increasing to \$15 per pay period in October 2023!

Time is running out! Are you on track to completing all your wellness activities? All wellness activities must be completed by September 15, 2023 to be eligible for the health insurance premium credit in October 2023.

Step 1



Create an account at <https://smh.healthymerits.com>. Enter your name exactly as it appears on your Meritain Health® ID card. If you have a middle initial listed on your ID card, you will need to enter that in the first name line. Your unique ID will be your member ID number.



Step 2



NicotineFree: Self-attest to being nicotine free at <https://smh.healthymerits.com>. If you are a tobacco user, you can complete the tobacco cessation online courses for a reasonable alternative standard.

Employees who have already self-attested their tobacco status between May 1, 2022 and September 30, 2022 will *not* need to self-attest again through September 15, 2023. You will automatically be given credit and your NicotineFree activity tile will show in the minimized past activities section. You can also confirm you completed the activity by clicking on your *Profile Icon* then *Summary Report* and confirm the NicotineFree Challenge shows 100 percent complete.



Step 3

PreventiveCare: Complete a preventive exam with your primary care provider between May 1, 2022 and September 15, 2023 and self-attest the date and type of exam at <https://smh.healthymerits.com>.

This may include age appropriate exams such as a mammogram, colonoscopy and other relevant screenings.

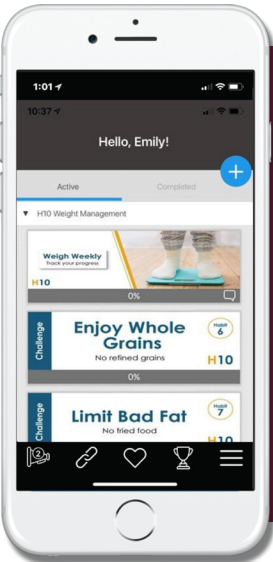
You can find an in-network provider here:

<https://gulfcoastprovider.net/smhmembersonly/findprovider>.



Step 4

AgeGage: Complete the 15-minute online health assessment found at <https://smh.healthymerits.com> by September 15, 2023.



Healthy Merits mobile app

Rather participate in the wellness program on your smartphone? Download the Healthy Merits app available on the GooglePlay™ or iOS store and use the company code *SMH* to create an account.



Apple app



Android app

Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

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