The Archdiocese of New Orleans and UMR have teamed up to offer you opportunities to earn cash for making healthy lifestyle choices.

All employees, spouses and retirees (not on Medicare) enrolled in the ANO group medical plan are eligible to be entered in any of these wellness programs:

### 1. Annual Wellness & Screening

Visit your health care provider for an annual wellness exam and agree to complete appropriate recommended screenings (examples: lab work, EKG, mammogram). Participants must complete the enclosed Provider Verification Form and have it signed by the provider.

The completed **Provider Verification Form** must be returned to UMR Health Coach Tawnya Ridi at ANO by handing it to her in person or scanning and emailing it to her at **tawnya.ridi@umr.com**.

**$100 reward cards** are awarded to the first 150 people that finish their wellness screenings, so get your forms in early (visits completed after 1/1/19 can be entered WITH completed verification form).

### 2. Disease Management Coaching

UMR’s Disease Management program offers personal health coaching for individuals with the following chronic health conditions: asthma, high blood pressure, diabetes, coronary artery (heart) disease, chronic obstructive pulmonary (lung) disease and heart failure.

Members can enroll online at **umr.com**. Log in to your member account and go to the **Health center**. Then select **Get a health coach** from the “I need to” menu. Or enroll by calling toll-free to **1-866-575-2540**.

A limited number of **$100 reward cards** are available to those who enroll and complete at least two coaching calls. Reward cards will be distributed in order of verification by nurse.

Members will be contacted by UMR Health Coach Tawnya Ridi to verify completion and schedule a time for reward card pick-up. Verification will occur after two coaching calls are completed.
UMR’s Maternity Management program offers personal coaching to help members learn how to reduce the risk of complications and support successful, full-term pregnancies.

Members can enroll online at umr.com. Log in to your member account and go to Health center. Then select “Expecting a baby?” then “begin here.” Or enroll by calling toll free to 1-888-438-8105.

Drawings for $200 reward cards will be held through 6/30/20. Members will be entered into drawings at enrollment and completion of the program, so sign up early for more chances to win.

Program Guidelines:
Dependent children are not eligible to enter to receive wellness incentives. All programs will begin on 10/1/19 and end on 8/1/20.

All verification forms must be received by 8/30/20. Prizes must be picked up within 30 days, or will be appropriated to another member. The phone numbers provided on the verification forms will be used to notify winners of their rewards. Members may participate and are eligible to win rewards once per plan year in ALL categories.

Verification forms should be returned to the health coach via scanned in an email to:

Tawnya.ridi@umr.com
If you have issues with scanning documents into an email, please call Tawnya Ridi at 1-612-383-3849 for assistance.

Questions about wellness incentives can be directed to:
Tawnya Ridi, UMR Health Coach
Phone: 1-612-383-3849