

# 2022

## WELLNESS PROGRAM



**MYERS INDUSTRIES, INC.**

Participate in your Wellness Program this year to earn a Wellness Credit

Welcome to your 2022 Wellness Program! Myers Industries, Inc. has partnered with Wellworks For You to provide all medically enrolled team members and covered spouses with opportunities to participate in various wellness activities to earn a Wellness Credit on your medical premium. Your new program details are outlined in this guide.

## WELLNESS PORTAL

In order for your participation in the program to be tracked, team members and covered spouses must be registered under the **Myers Industries, Inc.** Portal. Your account has already been generated for you. Please follow the steps below to log into your Wellworks For You account. **In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.**

### LOGIN INSTRUCTIONS

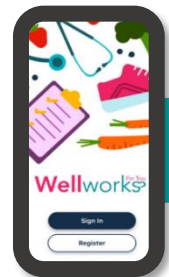
1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Your username will be:
  - **Employee Format:** Myers\_EmployeeID
    - Example: Myers\_12345 (*leading zeros are not necessary*)
  - **Covered Spouse Format:** Employee Username + S
    - Example: Myers\_12345S
3. Your temporary password\* will be: **Date of Birth in MMDDYYYY format** (Includes leading zeroes; No spaces, dashes, slashes, or other punctuation)
4. Accept the terms of the Consent Form
5. Fill in the required information



**\*Please Note:** The temporary password is only for the first time you access the Portal and you will be prompted to change it upon entry. If you have accessed the Wellness Portal in the past, you should continue to use your existing password.

### FORGOT YOUR USERNAME OR PASSWORD?

1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Click the link **Forgot Username** or **Forgot Password**
3. Follow the instructions to retrieve your username or reset your password
4. If issues persist, please contact Wellworks For You at **800.425.4657**



### SMARTPHONE APP

The Wellworks For You Portal App includes all of your favorite features from the Portal including programs and events listings, incentive tracking, and more! Simply search for **Wellworks For You** in the **Play Store** or **App Store** to download the free App.

## STEPS TO EARN AN INCENTIVE



### STEP 1: ANNUAL PHYSICAL WITH LABWORK

**DEADLINE: OCTOBER 31, 2022**

Team members and covered spouses must visit their Primary Care Physician (PCP) for an annual physical with lab work. Print out the **Physician Results Form** located within the **Wellness Locker**, linked on the homepage or the menu page, and take it to your doctor. All required metrics must be collected between **November 1, 2021 and October 31, 2022** and submitted to Wellworks For You by **October 31, 2022** to receive credit.

Please allow ample time when scheduling your annual physical, as well as time for blood work to be processed by the lab and received by your PCP's office. Do not send lab results directly to Wellworks For You. Lab results should be documented on your **Physician Results Form** (located in Wellness Locker) and returned to Wellworks For You. You may also submit an **Explanation of Benefits (EOB)** to meet this step. It is the **participant's responsibility** to ensure the completed form is submitted by the deadline.

# STEPS TO EARN AN INCENTIVE, CONTINUED



## STEP 2: TOBACCO ATTESTATION FORM/CESSATION PROGRAM

**DEADLINE: OCTOBER 31, 2022**

Team members and covered spouses must attest non-tobacco use **OR** complete the **Tobacco Cessation Program**, if applicable, to receive credit for this step.

- **Non-Tobacco Users:** If you certify that you do not use tobacco, you can **self-report** this on your Wellness Portal homepage **OR** you can submit the **Tobacco Attestation Form** located on the Wellness Portal within the **Wellness Locker** linked on the homepage.
- **Tobacco Users:** If you certify that you use tobacco, you must complete the **six-week Tobacco Cessation e-Learning Series** on the Wellness Portal by **October 31, 2022** to complete this step.

### TOBACCO CESSATION E-LEARNING SERIES\*:

1. Log into your **Wellness Portal**
2. Select the **e-Learning** section from the homepage or via the menu page
3. Select the **e-LS: Tobacco Cessation** from the e-Learning dashboard and complete the **Pre-Module Survey**
4. Beginning with **Module 1**, you must watch each video and take the quiz associated with each module. If you do not pass the quiz (a **70%** score or higher) you must wait **24 hours** before taking the quiz again.
5. You will be required to wait **one (1) week** in between each module before the next module will open
6. After you finish **Module 6**, you must complete and submit the **Post-Module Survey**

**Please Note:** The Tobacco Cessation program (including all quizzes and surveys) must be completed by **October 31, 2022**. To ensure that you complete the entire program prior to the deadline, you must begin the program no later than **September 15, 2022**.

*\*If you are unable to access the e-Learning Series, please contact your local Human Resources department.*



## STEP 3: PARTICIPATE IN ONE (1) WELLNESS CHALLENGE OR COMPLETE THE ANTHEM HEALTH RISK ASSESSMENT (HRA)

**DEADLINE: OCTOBER 31, 2022**

Team members and covered spouses must complete **one (1)** of the options listed below:

- **One (1) Wellness Challenge:** All details regarding the wellness challenges will be announced via email during the year. There will be two (2) opportunities to participate.
- **Anthem Health Risk Assessment (HRA):** Self-report completion of the HRA on the Wellness Portal by **October 31, 2022**. Follow the instructions below to get started. Anthem registration information is also available within the **Wellness Locker** of your Portal homepage.
  - **Smartphone Access:**
    - Log into your free **Sydney Health App**
    - Select **More>My Health Dashboard** from the bottom tab to access the assessment or access the HRA under **MENU>My Health Dashboard>Programs**
  - **Website Access:**
    - Login into **www.anthem.com** to access your member account via desktop browser
    - Select **My Health Dashboard>Programs**
    - Locate the **WebMD Health Risk Assessment** and select **Learn More** to start your assessment

Once you have completed the HRA, self-report your completion on the Wellworks For You Portal homepage or via the home screen of the mobile app. Select the **Anthem Health Risk Assessment (HRA)** under **My Next Steps** to open a description and select **Click Here to Confirm Your Participation** to enter your completion date. Once entered, your participation will be updated automatically.

# INCENTIVES



Team members and covered spouses must complete an Annual Physical, Tobacco Attestation/Cessation Program, and either one (1) Wellness Challenge OR complete the Anthem Health Risk Assessment (HRA) by **October 31, 2022** to be eligible for a **Wellness Credit** on your medical premium. Annual savings vary by plan type, see below for estimated incentive details.

**Please Note:** New Hires beginning **July 1, 2022** will be omitted from STEP 1 but will need to complete STEP 2 and STEP 3 to receive the 2023 Wellness Credit.

PPO Plan	Full Credit (EE and SP)	One Credit (EE or SP)
Employee	\$2,288	
Employee + Spouse	\$4,160	\$1,664
Employee + Children	\$2,600	
Family	\$4,576	\$1,248
HSA 2800 Plan	Full Credit (EE and SP)	One Credit (EE or SP)
Employee	\$1,820	
Employee + Spouse	\$3,445	\$1,560
Employee + Children	\$2,717	
Family	\$4,368	\$1,872
HSA 6000 Plan	Full Credit (EE and SP)	One Credit (EE or SP)
Employee	\$1,326	
Employee + Spouse	\$2,496	\$1,040
Employee + Children	\$1,872	
Family	\$2,860	\$1,092

# ADDITIONAL INFORMATION

## NOTIFICATIONS INBOX

View your Wellness Program Reminders in the **Notifications Inbox** located on the right side of your Wellness Portal homepage. Click on above the **Notifications Inbox** to view your Wellness Program Reminders in detail.

## VIEW DETAILS FOR PROGRAMS, EVENTS, AND ACTIVITIES

Events are listed on your personal Wellness Portal within **ResultsNow**. You can access this via the **ResultsNow** section on the homepage or via the **MENU** page. To view more details about a program component, select **Click for Details**. Wondering what you have completed to date? A large **green check mark** will display over the icon once the component's requirements are complete. On the Portal homepage under **My Next Steps**, the status of each component will be displayed next to each program requirement (*Get Started, In Progress, or Completed*). All forms, guides, and applicable documents are located in your Wellness Portal within the **Wellness Locker** accessed via the Portal **MENU** or homepage section. Download and/or print PDF forms for completion.

## SUBMIT YOUR COMPLETED DOCUMENTS BY OCTOBER 31, 2022

All completed documents should be submitted to the Wellworks Forms Department in one (1) of the following ways:

- **Scan and email:** [direct@wellworksforyou.com](mailto:direct@wellworksforyou.com)
- **Upload to Portal:** Click **Contact Us** on the main menu bar of the Portal, or via the Portal **MENU**, and use the **Attach File** button to select a file from your computer. Users are limited to one (1) file per email.
- **Mail:** 70 E Lancaster Ave, Frazer, PA 19355, Attention: Forms Department
- **Smartphone App:** Take a photo of your document on your Smartphone, open your Wellworks For You App, select **Contact Us**, and upload your file

**PLEASE NOTE:** Wellworks For You requires at least seven (7) to ten (10) business days for processing and participation to be updated in the Wellness Portal. Submission via email will result in an immediate confirmation that your forms were received. If you cannot find this confirmation email, please be sure to check your junk or spam folder. Any other means of submission require you to log into your Wellness Portal to confirm your forms were processed.

# THE FINE PRINT

The Myers Industries, Inc. wellness program is a voluntary wellness program available to all team members and covered spouses. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve team member health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program, you will be asked to complete an Annual Physical with Lab Work, which will include a lipid panel/glucose blood test and body measurements, Tobacco Attestation Form and/or Cessation Program, and participate in a Wellworks Wellness Challenge or Anthem HRA. You are not required to complete these components. However, team members and covered spouses who choose to participate in the wellness program will receive a Wellness Credit on your medical premium.

If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting Wellworks For You at 800-425-4657.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program. You also are encouraged to share your results or concerns with your own doctor.

## PROTECTIONS FROM DISCLOSURE OF MEDICAL INFORMATION

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Myers Industries, Inc. may use aggregate information it collects to design a program based on identified health risks in the workplace, Wellworks For You will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information are the Wellworks For You team in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Wellworks For You at 800-425-4657.



## Questions about your Wellness Program?

# CONTACT YOUR WELLNESS TEAM

All questions regarding your Wellness Program structure, status in the program, deadlines, etc. should be directed to your **Wellness Team** via the Wellworks For You Portal.

Simply select **Contact Us** from the Portal homepage or Wellworks For You mobile app. You can also call Wellworks For You at **800.425.4657**.

**Wellworks** For You  
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[www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)