



WELLNESS PROGRAM



WELCOME AND ABOUT US

WELCOME

Take our hand and join us on a path to better wellbeing. Grace Cottage Hospitals' wellbeing program delivers everyday solutions through a holistic approach. We have partnered with Mediterranean Wellness to support your journey with messaging, excellent customer service, programs, challenges, and so much more!

ABOUT US

Mediterranean Wellness (MedWell) portal is designed to engage and support you on your mission for wellness, and is directly accessible through your health dashboard. This site will serve as your on-line wellness website throughout the Grace Cottage Hospital wellness program.

CONTACT US

If you have any questions regarding your program, please contact us:

MEDITERRANEAN WELLNESS

 **800.977.6337**

 **admin@mymedwellness.com**

Mediterranean Wellness adheres to the highest privacy standards and we ensure that your personal health information is secure and protected. Individual data will never be provided to anyone without your written consent.



LOGGING INTO YOUR ACCOUNT

It could not be easier to set up your secure on-line wellness account!

To set up your account for the first time, go to <https://www.mymedwellness.com/login.php>. If you have logged in before, please log in with your credentials.

1. Click on, "New User? Register Here."
2. Enter your first name and last name as it is listed on your payroll check, birthday, and the company code.
3. Company Code: **Grace**
4. Please create your username and password. Enter your email address, phone number and submit.

Log in to your account with the credentials you just created at: www.mymedwellness.com/login.php.

From there, you will be redirected to your Online Dashboard. Throughout 2021 you are encouraged to complete a variety of wellbeing activities!

Your dashboard will show you all of the tasks that must be completed for your wellness program. For each item, there will be a link to click to successfully complete that activity.

Grace Cottage
FAMILY HEALTH & WELLNESS

155 MOJO PTS

YOUR WELLNESS DASHBOARD

Category	Item	Start Date	Due Date	Points
HEALTH PROMOTION	Health Risk Assessment	Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	50
	Annual Well Exams	Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	50
	Flu Vaccine	Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	10
	Available Now	Start Date: Oct 01, 2020	Due Date: Mar 31, 2021	10
WELLNESS CHALLENGES	Gratitude Inventory Challenge	Start Date: Feb 01, 2021	Due Date: Feb 15, 2021	25
	Better Sleep Challenge	Start Date: Mar 01, 2021	Due Date: Mar 31, 2021	50
	Spring Into Fitness	Start Date: Apr 15, 2021	Due Date: May 30, 2021	50
	Meditation Mornings	Start Date: Jun 15, 2021	Due Date: Jun 30, 2021	25
	Hydration Challenge	Start Date: Jul 15, 2021	Due Date: Aug 31, 2021	25
	Fruit for Dessert	Start Date: Aug 01, 2021	Due Date: Aug 31, 2021	25
	Zombie Challenge	Start Date: Oct 01, 2021	Due Date: Nov 15, 2021	50
	HEALTH EDUCATION	Nutrition Programs	Start Date: Jan 01, 2021	Due Date: Dec 31, 2021
Disease Management Programs		Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	25
Blind Pressure Management - 4 weeks		Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	25
Cholesterol Management - 4 weeks		Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	25
OGF&H ACTIVITIES	Webinars	Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	10
	OGF&H ACTIVITIES	Start Date: Jan 01, 2021	Due Date: Dec 31, 2021	0 pts

MORE RESOURCES

- COMMUNITY FORUM
- HEALTH JOURNAL
- RECIPE BOOK



YOUR INCENTIVES

Participants will be able to “cash in” their MOJO points each quarter for \$100. MOJO points reset every quarter, so make sure you participate in activities offered throughout the entire year! 100 MOJO points = \$100*. *\$100 is taxable.

Wellbeing Engagement Options	Points	Available Dates
HEALTH PROMOTION		
Health Risk Assessment	50	January 1, 2022 - December 31, 2022
Annual Well Exam	50	January 1, 2022 - December 31, 2022
Flu Vaccine	10	October 1, 2022 - December 31, 2022
Dental Exam (max 2 times)	10 each	January 1, 2022 - December 31, 2022
Vision Exam	10	January 1, 2022 - December 31, 2022
Age and Gender Preventive Screening	25	January 1, 2022 - December 31, 2022
COVID-19 Vaccine	25	January 1, 2022 - December 31, 2022
COVID-19 Booster Shot	10	January 1, 2022 - December 31, 2022
WELLNESS CHALLENGES		
Go for the Gold	50	January 10, 2022 - February 6, 2022
Cancer Fighting Foods	50	February 7, 2022 - March 8, 2022
Eat at Meal Time	25	March 14, 2022 - March 20, 2022
Stretch it Out	25	May 9, 2022 - May 22, 2022
Step it Up	50	May 30, 2022 - June 26, 2022
Fruit for Dessert	25	July 11, 2022 - July 24, 2022
Find Your Fun	25	September 12, 2022 - September 18, 2022
Reading Challenge	50	October 30, 2022 - November 1, 2022
Gratitude Inventory	25	November 7, 2022 - November 20, 2022
Plank You Very Much	25	December 5, 2022 - December 18, 2022
HEALTH EDUCATION		
Nutrition Programs	50 each	January 1, 2022 - December 31, 2022
Disease Management Programs	25 each	January 1, 2022 - December 31, 2022
Webinars	10 each	January 1, 2022 - December 31, 2022
Cooking Demo	10 each	January 1, 2022 - December 31, 2022
GCFH&H ACTIVITIES		
Additional GCGH&H Activities	TBD	Announced throughout the year