



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 2023 you are encouraged to complete a variety of wellbeing activities!

Your dashboard will show you all of the available activities and their MOJO value. Participants will be able to "cash in" their MOJO points each quarter for \$100*.

**\$100 is taxable.*



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, 2023 - December 31, 2023
Annual Well Exam	50	January 1, 2023 - December 31, 2023
Flu Vaccine	10	October 1, 2023 - December 31, 2023
Dental Exam (max 2 times)	10 each	January 1, 2023 - December 31, 2023
Vision Exam	10	January 1, 2023 - December 31, 2023
Age and Gender Preventive Screening	25	January 1, 2023 - December 31, 2023
NEW: Biometric Screening	50	January 1, 2023 - December 31, 2023
COVID-19 Bivalent Booster Shot	10	January 1, 2023 - December 31, 2023
WELLNESS CHALLENGES		
30 Days of Fitness	50	January
Master Your Money	50	February
Better Sleep Challenge	50	March
Clean up the Clutter	25	April
Spring into Activity	50	May
Choose Kindness	50	June
Color Your Plate	50	July
Find Your Fun	25	September
Zombie Walk	50	October
Reading Challenge	50	November
Unplug and Unwind	25	December
HEALTH EDUCATION		
Nutrition Programs	50 each	January 1, 2023 - December 31, 2023
Disease Management Programs	25 each	January 1, 2023 - December 31, 2023
Webinars	10 each	January 1, 2023 - December 31, 2023
Cooking Demos	10 each	January 1, 2023 - December 31, 2023
Mindful Minutes	10 each	January 1, 2023 - December 31, 2023
Take 12 Program	10 each	January 1, 2023 - December 31, 2023
Sugar Series	10 each	January 1, 2023 - December 31, 2023
GCFH&H ACTIVITIES		
Additional GCGH&H Activities	TBD	Announced throughout the year