

Wellness Has Never Been So Rewarding

Promote workplace well-being with incentives for you and your employees.

Employee Wellness, Simplified

WorkSpring makes it easier than ever for your employees to achieve their wellness goals. Our Wellness Program incentivizes increased engagement across your organization: Covered employees can earn money just by participating in health assessments and meeting wellness-related milestones.

As an employer, you also enjoy your share of benefits. The program offers opportunities to accumulate a wellness fund and **save up to 8% on your health insurance premiums** based on participation levels. To help you reap these rewards, we assign a dedicated wellness consultant to support you on- and off-site.

The more you encourage employee well-being, the greater the rewards.

Find Out If You Qualify

Your organization can participate in this program if you:

- Employ 51–500 people
- Have at least 40 employees enrolled in company health insurance
- Receive your health insurance through Medical Mutual

WorkSpring is a proud partner of Medical Mutual.

What You Can Expect

When you take part in our Employee Wellness Program, you'll enjoy:

Hands-On Assistance

A dedicated wellness consultant will work with you every step of the way, helping you make the most of the program and freeing up your time.

Flexible Scheduling

Educational wellness sessions, including Mental Health First Aid, Work-Life Balance, and Healthy Eating, can be delivered online or on-site.

Attainable Rewards

It's easy to monitor progress on employee and employer incentives—and even easier to earn them.

Control Over Savings Reinvestment

You're in charge of your premium savings. Allocate these newfound resources toward expanding your workforce, upgrading technology, or offsetting healthcare costs.

Wide-Ranging Coverage

All Medical Mutual insurance-covered employees are eligible, and you can strategize with your wellness consultant to include non-covered employees and covered spouses.

Organizational Support

You'll also gain access to our full range of general membership perks, including HR advice, resources, and discounted consulting and training sessions.

2025 Incentive Levels

EMPLOYER INCENTIVE LEVELS		
REWARD LEVEL	INCENTIVE	REQUIREMENTS
Applicable at Any Level	Wellness Fund (\$10 per employee/yr)	<ul style="list-style-type: none"> 25% Preventive Care Utilization*
Core Level	10% of One-Month Premium Holiday	<ul style="list-style-type: none"> 50% Participation in Biometric Screening 50% Participation in Online Health Risk Assessment
Level One	25% of One-Month Premium Holiday	<ul style="list-style-type: none"> 75% Participation in Biometric Screening 75% Participation in Online Health Risk Assessment
Level Two	50% of One-Month Premium Holiday	<ul style="list-style-type: none"> Meet Level One 30% Pass or Improve 3 of 5 NIH Standards** Incurred Loss Ratio < 90%
Level Three	One-Month Premium Holiday	<ul style="list-style-type: none"> Meet Level Two Change to 55% Pass or Improve 3 of 5 NIH Standards** Incurred Loss Ratio < 90%

*Preventive Care Includes Annual Physical, Prostate Cancer Screening, Mammography, Cervical Cancer Screening, & Colonoscopy.

**Participant meets or improves at least 3 out of the 5 NIH measurements, referenced in the chart on the right below, when comparing results to the prior program year.

EMPLOYEE INCENTIVE LEVELS	
INCENTIVE	REQUIREMENTS
\$25 Gift Card	Online Health Assessment
\$25 Gift Card	Biometric Screening
\$25 Gift Card	Preventive Care

BIOMETRIC FACTORS	NIH STANDARDS
Blood Pressure	<120 and <80
Waist to Height Ratio	<0.5
HDL Cholesterol	>60
Glucose	<100
Triglycerides	<150

Contact us today to get started.

