

# 2025 Employee Wellness Program

January 1, 2025 – December 31, 2025



Welcome to the 2025 CMHA Healthy Living Wellness Program! The goals of the program are to encourage and empower employees in making healthier lifestyle changes to live healthier, happier and more productive lives. CMHA has partnered with Skywell to bring you the wellness program and portal. The confidential, secure and private portal features a variety of wellness resources for a healthy lifestyle.

**How to Participate:** All regular, fulltime employees can participate in the Healthy Living Wellness Program. Participation is completely voluntary and employees that participate are required to submit a participation agreement to be enrolled the period of January 1 - December 31, 2025.

**TO JOIN:** <https://join.personifyhealth.com/skywell>

Registration required only once

**TO LOGIN:** <https://login.personifyhealth.com>



**Download the Personify Health App!**

\*If creating account on app, Sponsor is Skywell



Level	Points Needed	Requirements	Reward 1 <sup>st</sup> year participants	Reward 2 <sup>nd</sup> year or more participants
Level 1 (Bronze)	6,000	Earn 6,000 points	Lunch Bag	\$15 Subway or Giant Eagle Gift Card
Level 2 (Silver)	15,000	Earn 9,000 more points	T-Shirt	\$25 Subway, Beyond Juicery, Panera or Chipotle Gift Card
Level 3 (Gold)	25,000	Earn 10,000 more points	Jacket	\$50 Giant Eagle Gift Card
Level 4 (Platinum)	40,000	Earn 12,000 more points and complete the 3 items below. <b>Online Health Assessment 1000 points:</b> log into the portal then go to <b>HEALTH → SURVEYS</b> <b>*Primary Care Provider (PCP) Wellness Visit within (1/1/25-12/31/25) 1000 points</b> <b>*Biometrics 1000 points: (1/1/25-12/31/25)</b> Complete to measure blood pressure, BMI, cholesterol and blood glucose by attending a biometric screening event <b>OR</b> Having your doctor collect these during an exam <b>* requires submitting proof of the visit(s) and verification form (page 2)</b> Please allow up to 4 weeks for processing and for your credit to appear on your account.	Fitbit	\$100 Giant Eagle Gift Card

**DEADLINE TO COMPLETE - DECEMBER 31, 2025**

For questions please email [skywell@metrohealth.org](mailto:skywell@metrohealth.org) or call 440-592-1121