2026 CMHA Employee Wellness Program

January 1, 2026 – December 31, 2026

Welcome to the 2026 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 platform. The confidential, secure and private platform features a variety of wellness resources for a healthy lifestyle.

How to Participate: All regular, full-time 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, 2026.

TO JOIN: https://join.personifyhealth.com/skywell
Registration required only once

TO LOGIN: https://login.personifyhealth.com

To Join, download the Personify Health App!*
*If creating account on app, Sponsor is **Skywell**

Level	Points Needed	Requirements	Reward
Level 1 (Bronze)	**6,000**	**Earn 6,000 points**	**Lunch Bag, $15 Subway or Giant Eagle Gift Card**
Level 2 (Silver)	**15,000**	**Earn 15,000 points**	**T-Shirt, $25 Subway, Panera or Chipotle Gift Card**
Level 3 (Gold)	**25,000**	**Earn 25,000 points**	**Jacket or $50 Giant Eagle Gift Card**
Level 4 (Platinum)	**40,000**	**Earn 40,000 points AND complete the 3 items below:** 1. **Online Health Check Survey - 1000 points.** Log into the Wellness Platform then go to **HEALTH → SURVEYS** 2. **Primary Care Provider (PCP) Wellness Visit 01/01/2026 - 12/04/2026 - 1000 points.*** 3. **Biometric Screenings 01/01/2026 - 12/04/2026 - 1000 points.*** Measures Glucose, Cholesterol, Body Mass Index (BMI, Height & Weight), and Blood Pressure. Ask your doctor and upload completed PCP Visit & Biometrics Screenings Form *on your own* **or** attend a Biometric Screening event and *points will be uploaded for you.* ***Requires submitting proof of completion.*** **NEW - Submit Health Forms via a new link located in the Wellness Platform under BENEFITS → HEALTH FORMS**	**Fitbit or $100 Giant Eagle Gift Card**

DEADLINE TO SUBMIT HEALTH FORMS - DECEMBER 4, 2026

Deadline to Complete Online Health Check Survey and Earn Points – December 31, 2026

For specific questions, email skywell@metrohealth.org

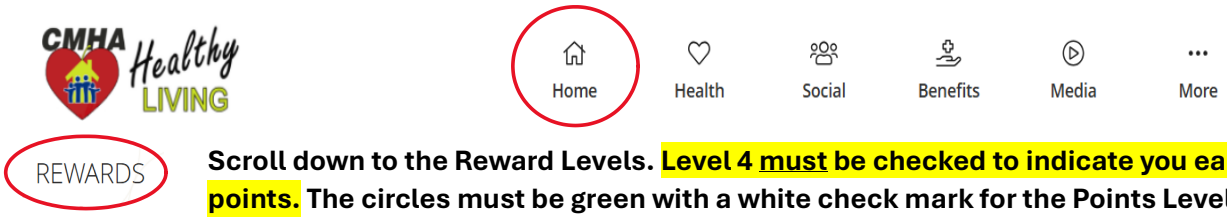
How to See You Earned Level 4 (Platinum) for Fitbit or $100 Giant Eagle Gift Card!

You must complete all the required items below for the Level 4 (Platinum) Reward:

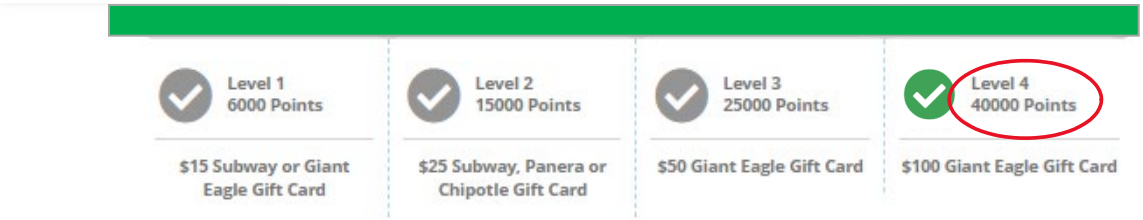
1. **Online Health Check Survey 01/01/2026 – 12/31/2026 (1,000 points)**
2. **Biometric Screening 01/01/2026 – 12/04/2026 (1,000 points)**
3. **Primary Care Provider (PCP) Well Visit 01/01/2026 – 12/04/2026 (1,000 points)**
4. **Earn 40,000 or more points by 12/31/2026**

See CMHA Wellness Program Summary for details for earning rewards for each Level and submitting Health Forms. The deadline to submit Health Forms is 12/04/2026.

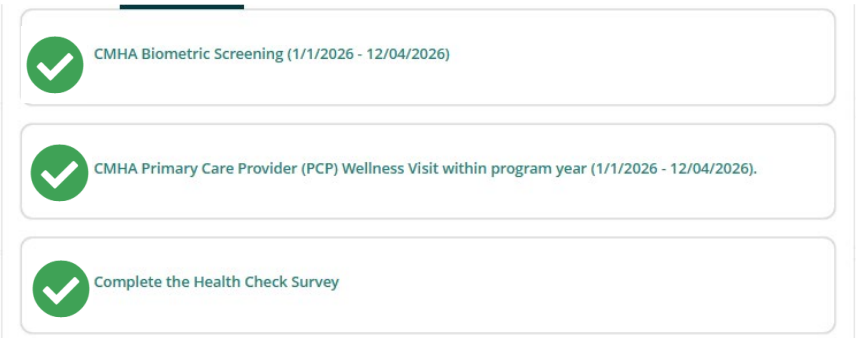
On the Home page, Hover over 'Home' icon and click 'Rewards'.



Scroll down to the Reward Levels. Level 4 must be checked to indicate you earned 40,000 points. The circles must be green with a white check mark for the Points Level Progress.



Scroll down to the Action Rewards. The circles must be green with a white check mark for ALL three Action Rewards (Biometric Screenings, and Primary Care Provider (PCP) Well Visit), and Health Check Survey.



Biometric Screenings proof **must** include and verify your full name (first and last name), date of screening between 01/01/2026 - 12/04/2026, your Glucose, Total Cholesterol, Triglycerides, HDL, & LDL lab results, Body Mass Index (Height & Weight), and Blood Pressure. Acceptable documents to verify your Biometrics is a document signed by your provider (Physician, Nurse Practitioner or Physician Assistant) in Internal Medicine, Family Practice, or OB/GYN) including a PCP & Biometric Screenings Form, After Visit Summary and screenshot of your My Chart lab results.

PCP Well Visit proof **must** include your full name (first and last name), provider's name and specialty, and date of your **completed** visit. Documents **must** verify your provider (Physician, Nurse Practitioner or Physician Assistant) in Internal Medicine, Family Practice, or OB/GYN). Acceptable documents can be a PCP & Biometric Screenings Form, After Visit Summary, Explanation of Benefits (EOB), or screenshot of your MyChart completed visit.