



# Your Wellness Program and Incentives

Sarasota Memorial Health Care System

2024-2025

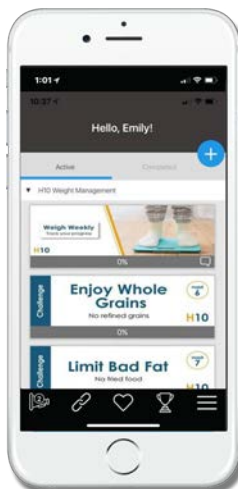
Welcome to your Healthy Merits Wellness Program! The goal of Healthy Merits is to help you become healthier by establishing smart and easy habits to last a lifetime. This program is open to all enrolled in company-sponsored medical plans. Complete the wellness activities by September 30, 2025, and receive \$15 per pay period premium credit beginning in October 2025 for the plan year. Don't wait, log on at <https://smh.healthymerits.com> today!

## Healthy Merits website registration

To get started, you must first register for your Healthy Merits account. Create an account at <https://smh.healthymerits.com>. Enter your name exactly as it appears on your Meritain Health® ID card. Your unique ID is your Member ID found on your ID card.

**Please note: new hires are eligible to enroll in the Healthy Merits Program after receiving their Meritain Health® member ID card.**

Please allow two to three payroll cycles to process the wellness credit of \$15 per pay period on medical premiums upon completion of both the NicotineFree attestation and AgeGage health assessment.



## Mobile app

Prefer to participate in the wellness program on your smartphone? Download the Healthy Merits app in the iOS App Store®, Google Play Store™ or scan the QR code is to the right and create an account. You will need to use the company code **SMH** during registration.



Apple app



Android app

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## Earn incentives for taking steps towards better health

Below are the wellness activities you can participate in to earn a \$15 per pay period premium credit in October 2025.

New hires added to the plan can qualify to receive program rewards by completing both the NicotineFree attestation and AgeGage health assessment. **Please note:** to maintain the wellness incentive during the next plan year, all three activities will need to be completed, including a preventive care exam with your primary care provider.



| Wellness Activity | How to participate   |
|-------------------|--|
| NicotineFree      | <p>Self-attest to being nicotine free at <a href="https://smh.healthymerits.com">https://smh.healthymerits.com</a>. If you are a tobacco user, you can complete the tobacco cessation online courses for a reasonable alternative standard.</p> <p>Once completed, you can confirm by clicking on your <i>Profile Icon</i>, then <i>Summary Report</i> and confirm the NicotineFree Challenge shows 100 percent complete.</p>  |
| AgeGage           | <p>Complete the 15-minute online health assessment found at <a href="https://smh.healthymerits.com">https://smh.healthymerits.com</a> by September 30, 2025.</p>   |
| PreventiveHealth  | <p>Complete a preventive exam with your primary care provider between May 1, 2024 and September 30, 2025 and self-attest the date and type of exam at <a href="https://smh.healthymerits.com">https://smh.healthymerits.com</a>.</p> <p>This may include age appropriate exams such as an annual routine medical exam, mammogram, colonoscopy and other relevant screenings.</p> <p>You can find an in-network provider here:<br/><a href="https://gulfcoastprovider.net/smhmembersonly/findprovider">https://gulfcoastprovider.net/smhmembersonly/findprovider</a>.</p> |



Questions? Call Healthy Merits Customer Service at 1.877.348.4533 or email [healthymerits@meritain.com](mailto:healthymerits@meritain.com).

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