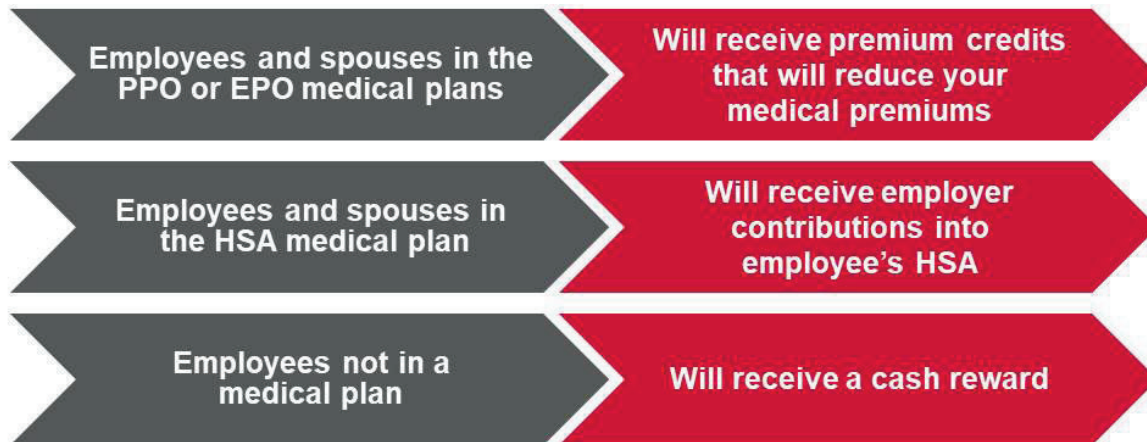


# Briggs & Stratton Wellness Program

Briggs & Stratton is committed to providing you with the resources to promote physical, emotional and financial wellness. Whether you are just starting your wellness journey or are well on your way, Briggs & Stratton's Wellness Program is designed to support and motivate you every step of the way.

## PROGRAM HIGHLIGHTS

- ✓ Focus on improving or maintaining your health numbers
- ✓ Earn points for your biometric screening values and other wellness activities



## Payout of Rewards earned under the 2023 Wellness Program

(if you are still eligible for medical coverage in 2024):

- Rewards deposited into your HSA account will be available on your first paycheck of the year.
- Rewards in premium credits will be awarded in equal credits across all paychecks of the year.
- Rewards for employees who waived medical coverage will be paid out by the last payroll in January 2024.

## 2024 Wellness Program

- Runs from October 1, 2023 through September 30, 2024
- All paperwork must be submitted by September 30, 2024
- Earned rewards are paid in 2025

## TO GET STARTED AND LEARN MORE

Log on to the **Marathon eHealth Portal** at [my.marathon-health.com](https://my.marathon-health.com) or contact a Marathon Health Wellness Coordinator at (802) 846-4675 or [wellness@marathon-health.com](mailto:wellness@marathon-health.com). Full program details are available on the Wellness portal.

### Consider participating in the Briggs & Stratton Wellness Program.

The Briggs & Stratton Wellness Program is designed to complement the benefits of the medical program. If you (and your covered spouse) participate in the program, Briggs & Stratton will provide employer contributions into your HSA or lower your medical premiums through premium credits, depending on the medical plan you have chosen. *(Scan the QR code for more information).*



## HOW TO EARN WELLNESS REWARDS

Briggs & Stratton's Wellness Program goes beyond simply knowing your personal health numbers. The program emphasizes the importance of having these numbers within optimal ranges. At the same time, it recognizes that change doesn't always happen overnight – but even small steps can have a positive impact on our overall health and well-being.

### 2024 Wellness Program Eligibility

- All benefits-eligible employees employed prior to 9/30/2024.
- Covered spouses who are enrolled in a Briggs & Stratton medical plan.

**There are two steps to qualify for Wellness Rewards.** The rewards earned by the employee and spouse are independent. To receive the employee reward, the employee must earn 5 points. To receive the spouse reward, the eligible spouse must earn 5 points.

1. **Know your numbers!** The Briggs & Stratton Wellness Program **requires** participating employees and their covered spouses to complete a biometric screening.
  - a. Schedule your screening between 10/1/2023 and 9/30/2024.
  - b. Receive extra points if the results are within optimal range.

BIOMETRIC	VALUES (Earn up to 3 points)	POINTS
<b>REQUIRED Biometric Screening</b>	<ul style="list-style-type: none"> <li>• Attend an on-site screening event;</li> <li>• Make an appointment at our on-site clinics; or</li> <li>• Visit your primary care physician or healthcare provider. Form submission is only required for screenings completed by your healthcare provider.</li> </ul>	<b>1</b>
<b>Optimal Value 3 out of 4</b>	<ul style="list-style-type: none"> <li>• Total Cholesterol/HDL ratio: Males &lt;5.1 or Females &lt;4.5</li> <li>• Blood Pressure: &lt;120/80 mmHG</li> <li>• BMI: 18.5 - 24.9 or waist circumference &lt;35 inches (females) or &lt;40 inches (males)</li> <li>• Fasting Blood Glucose: &lt;100 mg/dl</li> </ul>	<b>2</b>
<b>Moderate Value 3 out of 4</b>	<ul style="list-style-type: none"> <li>• Total Cholesterol/HDL ratio: Males 5.1 - 9.5 or Females 4.5-6.9</li> <li>• Blood Pressure: 120 - 139 mmHG SBP and 80-89 mmHG</li> <li>• BMI: 25 - 29.9</li> <li>• Fasting Blood Glucose: 100 - 125 mg/dl</li> </ul>	<b>1</b>

2. **Choose the wellness activities that are meaningful to you.** Employees and eligible spouses may pick from the list of wellness activities below to earn additional points.

ACTIVITY – Login to: <a href="http://my.marathon-health.com">my.marathon-health.com</a>	POINTS
<b>Tobacco Free/User Status</b> <ul style="list-style-type: none"> <li>• Complete the Online Tobacco Free Statement; or</li> <li>• Complete the 6-week Tobacco Cessation Online Workshop</li> </ul>	<b>2</b>
<b>Online Health Assessment</b>	<b>1</b>
<b>Preventative Health Exam</b>	<b>2</b>
<b>Age/Gender Appropriate Screening/Exam (choose 1)</b> <b>Includes:</b> mammogram, dental exam, vision exam, pap smear, colonoscopy, prostate screening, skin check	<b>1</b>
<b>Flu Shot (Influenza Vaccine) or COVID-19 Vaccine</b>	<b>1</b>
<b>Health Coaching (3 sessions):</b> Complete in-person or telephonic coaching sessions with a Marathon Health clinician, health coach or participation in the LiveHealth Online coaching programs	<b>2</b>
<b>Online Marathon Health Workshop:</b> Visit the eHealth Portal ( <a href="http://my.marathon-health.com">my.marathon-health.com</a> ) for available topics	<b>1</b>
<b>Financial Wellness Activity:</b> Complete Fidelity's Money Checkup or Planning – go to <a href="http://www.401k.com">www.401k.com</a> .	<b>1</b>
<b>Participate in a community fitness event</b> such as a 5K, triathlon or bike race.	<b>1</b>