



Retool yourself.

## WHAT STANDS OUT IN YOUR HEALTH PICTURE?

A day without pain. A body with fewer pounds. The energy for hobbies. A stronger heart.

When it comes to your health and well-being, to keep all systems “go,” your wellness routine might need a little updating from time to time; to keep it functioning at maximum capacity. We can help.

Whether you want to eat healthier foods, boost your activity or manage your stress—we are committed to helping you build healthy habits by offering programs and resources designed to help you reach your health goals.

The Well ALL Ways program is here to support you on your journey to better health.

### Start your journey today

Visit the Well ALL Ways website [www.mympcwellallways.com](http://www.mympcwellallways.com), to find everything you need to make your health and well-being a priority.

### Privacy notice

Your information is protected under the same federal and state privacy requirements that prevent your doctor's office from sharing your private health information. Individual information is not disclosed nor made available to Marathon Petroleum Company, but is aggregated by our third-party vendor, HealthFitness, to provide an overall picture of employee health to show areas where the company needs to shape future health initiatives and wellness programs.

### Take a quick health assessment

Through a health assessment, you'll likely discover something new about your health, such as why sleep is important or why sitting too much can be hazardous to your health. By answering questions about your health, you'll receive:

- A confidential health summary
- An overall wellness score
- Personalized feedback
- \$50 payroll credit

**How to get started:** Visit the Well ALL Ways website, and take your health assessment—deadline is Dec. 31, 2017.

### Get your questions answered with health advising

After completing your health assessment, you may speak with a HealthFitness health advisor. This 10- to 15-minute session will give you a chance to ask questions about your results and find out what they mean for your overall health. You'll also learn about tools and resources available to you.

**Call:** 1-800-851-5951, option 2.

### Go one-on-one with a health coach

Partner with a personal coach, and you'll receive a personalized plan that is tailored to you. Your coach will help you set goals and create a plan to reach them. You choose how to stay connected with your coach—whether it's online messaging, phone calls or emails.

- Coaching is available to employees who use tobacco or achieve an overall wellness score (OWS) of 66 or less upon completion of the HealthFitness online health assessment. The OWS is calculated using the answers provided in the health assessment.
- If you achieve an OWS of 67 or higher, you have indicated healthier lifestyle decisions and may not need assistance from a health coach. If you are not eligible for coaching, we encourage you to participate in other programs offered.

**How to enroll:** Visit the Well ALL Ways website.

### Are you up for a health challenge?

The Well ALL Ways program offers health challenges to help improve your health:

- **Spring into Motion™** focuses on physical activity, setting the tone for the new season.
- **Feel Like a Million™** boosts healthy habits, using a game show theme, to improve physical activity, nutrition and more.
- **Get Fit on Route 66™** promotes physical activity, using the famous highway for inspiration.

**Sign up:** Visit the Well ALL Ways website.

### Find trusted tools and resources

Have questions about your health? Visit the Well ALL Ways website, where you'll discover tools and resources to help you:

- Make informed decisions about medical tests and medications
- Check symptoms and learn possible causes
- Calculate daily calorie needs
- Track physical activity, food choices, sleep and more
- Check off healthy activities from a personalized “To-Do” list
- Upload daily steps and activity automatically from your fitness device

## Healthy efforts deserve healthy rewards

In addition to the health benefits earned through the Well ALL Ways program, you can also earn rewards by completing the following:

**Step 1: Complete the online health assessment** between Jan. 3 and Dec. 31, 2017, and receive a \$50 payroll credit.

**Step 2: Complete healthy activities and earn points for a chance to win!** *Must complete Step 1 to earn Step 2 rewards.*

Healthy Activity	What you need to do	Points Value	Earning Frequency
Health Assessment	Complete online	50	1x/year
Health Advising	Call a health advisor	50	1x/year
Preventive Wellness Physical	Preventive Wellness Physical (MPC health plan)	100	1x/year
Biometric Screening	Participate in an onsite screening or schedule with your primary care physician	200	1x/year
Lifestyle Coaching (only those with OWS ≤66 eligible)	Complete four Lifestyle Coaching goals	50 each	1x each/year
Online Challenges	Complete Spring into Motion and/or Get Fit on Route 66	200 each	1x/quarter
Online Challenges	Complete Feel Like a Million	400	1x/quarter
Wellness Expense Benefit	Enroll in Weight Watchers	50	1x/year
Additional Preventive Care (complete 3 of the 5 preventive care options for a max of 150 points)	Preventive dental visit	50 each	1x/year
	Preventive vision visit		1x/year
	Preventive flu shot		1x/year
	Preventive mammogram screening		1x/year
	Preventive colonoscopy		1x/year
On-site Wellness Activities	Participate in a Well ALL Ways on-site activity (max of two)	25	2x/year
Community Healthy Activities	Participate in a local community event (i.e. 5K, Team walk, triathlon) (max of two)	25	2x/year
Physical Activity Tracking	Complete 50 cardio logs, strength or flexibility (two points per session) to earn max of 100 points. <i>Must complete all 50 sessions in order to receive 100 points.</i>	100	1x/year

### 4 chances to win a \$50 gift card

- Accumulate 250 points 1/1/16 to 3/31/17
- Accumulate 250 points 4/1/17 to 6/30/17
- Accumulate 250 points 7/1/1 to 9/30/17
- Accumulate 250 points 10/1/17 to 12/31/17

Earn 1,000 for the year, and earn an extra drawing. Visit the ALL Ways website to track your progress.

### Questions?

Visit [www.mympcwellallways.com](http://www.mympcwellallways.com), or contact HealthFitness Customer Service at 1.800.851.5951, option 1, or email [customerservice@hfit.com](mailto:customerservice@hfit.com).

