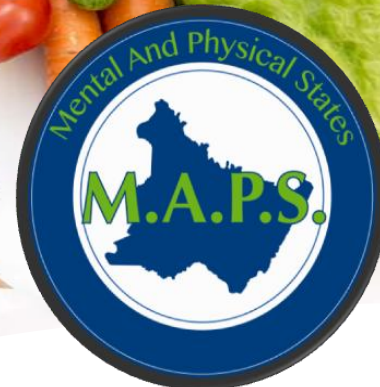




2019/2020 M.A.P.S. New Hire Qualification



Qualification Period: Forty Five (45) days from Insurance Start

Get qualified as a M.A.P.S. member for 2019/2020. Simply complete a wellness exam, and one (1) activity from each category listed below (Preventative & Wellness). Employee & spouse must complete qualifications. Proper documentation & resources can be found in Human Resources & on the county website under HR, M.A.P.S..

Preventative Activity

- *Vision Exam*
- *Dental Exam*
- *Gynecology Exam*
- *Mammogram*
- *Colonoscopy*
- *Bone Density Screening*
- *Health Risk Assessment*
- *Real Age Test (sharecare.com)*
- *Flu Shot*

Wellness Activity

- *Enrollment in a weight loss program*
- *Enrollment in a dietetic program*
- *Attend a Lunch & Learn*
- *Attend the 2019 Wellness Fair*
- *Enroll in smoking cessation*
- *Participate in a sports league: participant or coach (6 week min)*
- *Participate in 2019 pedometer challenge*
- *Contact Insurance Health Coach*
- *Complete a charitable walk, run, swim or bike*
- *Participate in 2019 Pedometer Challenge*

Wellness exams are covered 100% with no co-pay. Contact your PCP and be sure to specify you want to schedule a wellness exam. Wellness exams from 9/1/18 through 8/31/2019 qualify for submission. Preventative activities including annual mammogram, colonoscopy or gynecological exam may not be covered by insurance. Contact Highmark or UPMC before scheduling.

All documentation must be submitted within 45 days.

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Westmoreland County
Human Resources