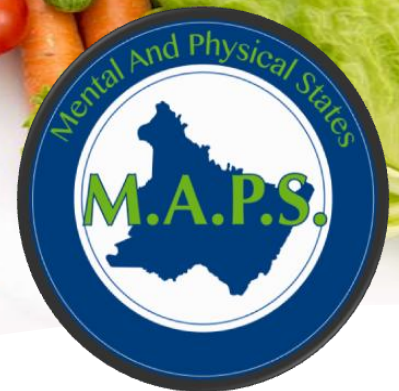




2020 M.A.P.S. Qualification



Qualification Period: March 18, 2019 through August 31, 2019

Get qualified or re-certified as a M.A.P.S. member for 2020. Simply complete a wellness exam, and one (1) activity from each category listed below (Preventative & Wellness). Both employee & spouse must complete qualifications. Proper documentation & resources can be found in HR & 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*

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 by August 31, 2019

2 North Main Street,
Suite 108
Greensburg, PA 15601

Phone: 724-830-3197
wellness@co.westmoreland.pa.us

**Westmoreland County
Human Resources**