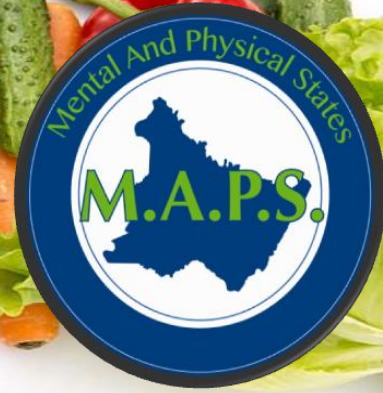


2021 M.A.P.S. Qualification- EXTENSION



Qualification Period: March 1, 2020 through Nov 29, 2020

There are some changes to the Wellness Program requirements due to COVID restrictions and now entering into the Green phase. Now that employees are able to get in for the wellness and preventative exams, the MAPS program is back on track. The MAPS deadline is now extended to **NOVEMBER 29, 2020**. All applications for MAPS are due at midnight on November 29, 2020.

In addition to the extended deadline, the Wellness activity is waived. You will still see it on the application, and if you have completed it please fill out that section for tracking purposes, but you will not be penalized if you do not complete it. Unfortunately, it was not possible to schedule the normal wellness events as usual, and many gyms were closed and races/walks were canceled so the wellness activities are waived.

Now the requirement for 2021 MAPS Program are as follows:

1. Wellness Exam

2. Preventative Activity

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

3. Wellness Activity- OPTIONAL

- *Enrollment in a weight loss program*
- *Enrollment in a diabetic program*
- *Attend a Lunch & Learn*
- *Attend the 2020 Wellness Fair*
- *Enroll in smoking cessation*
- *Active participation in Fitness Center or certify 30 Minutes of activity 3x weekly*
- *Participate in 2020 pedometer challenge*
- *Certify active participation in a sports league or coaching (6 week minimum)*
- *Contact Insurance Health Coach*
- *Complete a charitable walk, run, swim or bike*

Link to submit your information: <https://www.co.westmoreland.pa.us/FormCenter/Wellness-19/Wellness->

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 9/1/19 through 11/29/2020 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 mail or online submission by November 29, 2020

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Westmoreland County
Human Resources