

Know Your Numbers. Take Charge of Your Health.

Complete your H&H biometric screening at no cost to you.

NON-UNION EMPLOYEES: SAVE UP TO \$80/MONTH

\$40 for the employee + \$40 for a covered spouse when each completes the requirements

Your screening is quick, confidential and comprehensive

The H&H screening is a simple blood draw that provides insight into cholesterol, blood sugar, heart health, kidney and liver function, thyroid health and more.

How to sign up

- 1 Visit the H&H wellness portal**
wellness.hhhealthassociates.com
- 2 Select New User**
Enter company code: MTM
- 3 Complete your profile**
Then choose a screening location.
- 4 Bring your lab paperwork and photo ID**
H&H will email your paperwork after registration.

Register today



Scan to access H&H

or call Monday-Friday

800-832-8302

8:30 a.m.-5:00 p.m. CT

Who can participate?

Employees and covered spouses age 18+ enrolled in an MTM medical plan administered by UMR may complete the H&H screening at no cost. Participation is voluntary.

Earn the 2027 wellness premium reduction

Non-union employees and covered spouses can each earn a \$40 monthly medical premium reduction. Complete the biometric screening by December 31, 2026 to receive the reduction beginning January 1, 2027. Screening completed later becomes effective the first day of the next calendar quarter.

Screenings are informational and are not intended to diagnose, treat, cure or prevent a medical condition. Consult your healthcare provider about your results or health concerns.