

GET SCREENED. GET REWARDED! ANNUAL BIOMETRIC SCREENING

FREE TO EMPLOYEES & SPOUSES WHO ARE IN ACTIVE COVERAGE IN AN MTM MEDICAL PLAN ADMINISTERED BY UMR



WALK-IN CLINICS

**Choose an approved
walk-in clinic
and complete your
biometric screening.**



Fast & Convenient



100% Confidential



No Fasting Required





SAVE UP TO \$960/YEAR ON YOUR 2027 MEDICAL PREMIUMS!

Enrolled non-union employees & spouses can **BOTH earn the \$40/month premium credit - up to \$80/month combined!*

**Union employees' medical premiums already reflect reductions negotiated through their CBA.*

REGISTER TODAY!

800.832.8302

(M-F, 8:30-5pm CST)

Wellness.HHHealthAssociates.com

New Users, enter company code: **MTM**

Click the link in your email to activate your account

Existing Users, enter username & password





REGISTER!



IMPORTANT ELIGIBILITY REQUIREMENT

Only employees and spouse who are enrolled in an MTM medical plan *at the time of the screening* may participate. If you are *newly enrolling* in the medical plan for 2027, you must wait until your coverage is active to complete your screening. Ineligible participants may be responsible for the cost of the screening, which exceeds \$500.



Once logged in, choose to participate at an on-site event or at an approved walk-in clinic. If you choose a clinic, you will receive an email to confirm the clinic locations & hours, along with the appropriate lab paperwork to bring with you. No co-pay or insurance information is required. Just bring your photo ID, lab paperwork (printed or on your smartphone).

We care about you and your good health!

*Unable to participate (ex: due to a medical condition), contact H&H to see if a reasonable alternative standard is available. Questions regarding eligibility, incentives, or for more information, please see the Wellness FAQ or contact HR using the MTM Benefit Hotline at 888-828-1316.