



2025 Healthy Hillman Wellness Program

Unlock your potential. Reward yourself.

Participate in the 2025 Healthy Hillman Wellness Program and earn a Healthy Hillman discount rate on your 2026 medical premiums. This guide will help you understand how to earn the medical premium discount rate.

This wellness program is offered to all employees. Only employees and spouses enrolled in a Hillman medical plan are eligible to receive the incentive.

2025 Program Timeline:

February 3	March, April, May	July 25	August 15	September 19
Program Start Registration for biometric screening is available at hillman.mywellportal.com .	Biometric Screenings Onsite Biometric Events* <i>*For details on Dates/Times, contact your HR</i>	Mid Year Reminder Last day to register AND complete a Biometric Screening.	Coaching Reminder Last day to register for a Marquee Health Coaching Program(s).	Program Wrap-Up Last day to complete coaching or provide a medical waiver.

Enroll Now and Start Earning Rewards!

- Visit hillman.mywellportal.com or **scan the QR code** to download the MyWellPortal app and log in with your personal username and password.

Username: First Name + First Initial of Last Name + Birth Date (MMDDYYYY)

Password: Last 4 Digits of SSN

- Employees and spouses will login to the portal with their own unique username and password.



Login Assistance and Program Questions?
Contact Marquee Health

Email: info@mywellportal.com

Phone: 800.882.2109

Required Wellness Activities

Specifics on Your 2025 Program

Complete Your Biometric Screening with Nicotine Test

Onsite biometric screenings will be offered to employees at participating Hillman locations in March, April, and May. Offsite screenings are available at LabCorp or your physician's office. Participants will need to register each year for their screening at hillman.mywellportal.com. Offsite screenings require the 2025 screening form to be taken to the lab or physician's office. Prior-year forms will not be accepted. The 2025 form can be found at hillman.mywellportal.com. **The deadline to complete your biometric screening is July 25, 2025.** Biometric Screening credit will be awarded to your Healthy Hillman portal within 15 days of completing a biometric screening.

Confirm Screening Results

After completing the biometric screening, which includes the nicotine test, participants need to confirm if they met 3 out of 5 healthy outcomes criteria and are tobacco-free. Screening results data will be available on the portal within 15 days of completing the screening.

To view your health status:

Scroll down the homepage to 'Health Status'. If you achieved 3 out of 5 healthy outcomes, you will see a green check mark that says you achieved this goal and are not required to take any additional action. If you did not meet 3 out of 5 healthy outcomes, you will see a red X that says you did not achieve the goal and/or did not pass the nicotine test.

Meet 3 of 5 Healthy Outcomes Criteria and be Tobacco-Free:

- Total Cholesterol: <200 mg/dL or 5% improvement
- HDL Cholesterol: Men >40 mg/dL; Women >50 mg/dL or 5% improvement
- Triglycerides: <150 mg/dL
- Fasting Blood Glucose: <100 mg/dL or 5% improvement
- Blood Pressure: <130/85 mm Hg or 5% improvement

RAS –Coaching or Medical Waiver

Individuals who do not meet 3 of 5 healthy outcomes criteria or test positive for tobacco can earn the Healthy Hillman discount by completing a 4-week health coaching program or providing a physician's medical waiver to Marquee Health as a Reasonable Alternative Standard (RAS). You may contact a Marquee Health Coach by emailing coaching@mywellportal.com or by calling 800.882.2109 and reference 'Hillman Group' to schedule your first coaching session. Connect with a confidential health coach by email or by phone. **Deadline to register for coaching is August 15, 2025. Deadline to complete the coaching program is September 19, 2025.**

Healthy Outcomes credit will be awarded to your Healthy Hillman portal within 15 days of completing a 4-week coaching program or providing a physician's medical waiver.

Regarding New Hires

Specifics on Your 2025 Program

2025 New Hires

Employees hired after December 31, 2024 and any covered spouses enrolled in a Hillman medical plan who complete a biometric screening within 60 days of their benefit eligibility date will receive a discount per pay period for both 2025 and 2026 health insurance premiums. Those who do not screen within 60 days may participate in a screening to earn the Healthy Hillman discount rate in 2026.

Important details:

- Benefits Eligibility - Employees are eligible for Hillman health benefits the first of the month following their hire date (or on their hire date if hired on the first of the month)
- Employees hired after Dec. 31, 2024, are not required to meet healthy outcomes, be tobacco-free or complete a reasonable alternative standard if they complete a screening within 60 days of benefit eligibility.
- Those who miss the 60-day window, may still screen before the current program's July 25, 2025 deadline to earn the Healthy Hillman discount rate for 2026. Participants will need to meet healthy outcomes and be tobacco-free, or complete the alternatives as described in this guide.
- The 2025 medical premium discount will be applied once the biometric screening is filed as complete by Marquee Health. Marquee manages all confidential wellness data to keep it separate from employment information. Discounts will be applied in the pay period during which Hillman is notified of successful completion by Marquee.

Program FAQs

Why don't I receive credit right away for some activities?

Certain activities must be administratively verified by Marquee Health for accuracy. Our team works as quickly and efficiently as possible to award credit in a timely manner, however, it can take up to 30 days for activities to be reflected within your account.

Why is there a deadline to enroll in a coaching program?

Each telephonic or email coaching program consists of 4 weekly sessions with your dedicated health coach. In order to complete your program before the September 19, 2025 deadline, you must enroll by August 15, 2025 to allow enough time to complete the 4 sessions.

I have a spouse covered on my medical plan. Do both of us have to participate to earn the Healthy Hillman discount rate?

Yes! To qualify for the Healthy Hillman discount rate, both the employee and covered spouse must complete all required activities in this guide by the deadline.

Do both employee and spouse need individual accounts?

Yes! To track your own participation in the Healthy Hillman program and be eligible for incentives, you and your eligible spouse must follow the directions on the first page of this guide to log in to your own personal account.

I am having trouble accessing my portal account. Who can I contact?

Please reach out to Marquee Health's Member Experience team at info@mywellportal.com or 800.882.2190 for further assistance.