



Employee Wellness Program 2026

Preventive Health Qualifier Package

Be a "Champion of your Health" by participating in the Marathon County 2026 Wellness Program!

Complete your Annual Preventive Health Exam and select other preventive services to earn wellness points.

Employees enrolled in the County health insurance plan who achieve 450 wellness points will earn a 5% discount on their 2027 health insurance premium contribution.

Employees who reach 1,000 wellness points will also be eligible for prize drawings. Regular employees who are not enrolled in the health plan are still encouraged to participate in the Wellness Program and may earn prizes upon reaching 1,000 wellness points.

ACTIVITY	REQUIRED/OPTIONAL	POINTS
Annual Preventive Health Exam	Required	300
Mammogram	Optional	100
Prostate Specific Antigen (PSA) Test	Optional	100
Colonoscopy	Optional	100
Tobacco Cessation	Optional	100
Shingles Vaccination	Optional	50
Dental Exam	Optional	50 (100 max)
Vision Exam	Optional	50
Covid 19 Vaccine + Booster	Optional	50
Influenza (Flu) Vaccination	Optional	50
Skin Cancer Screening	Optional	50
Mental Health Screening/Treatment	Optional	50
BETR Health Weight Loss Program Sponsored through GHT - see below	Optional	50 (100 max)

All exams must be identified as "preventive" exams and **all services must be incurred between November 1, 2025 and October 31, 2026.**

Points for vaccines, boosters, and other services not administered within this time frame can be granted if you submit documentation from your physician confirming that you are current and not due for a repeat procedure or vaccination between November 1, 2025, and October 31, 2026

BETR Health Weight Loss Program-Employees sign up for program and engage at least 15 times within a 30 day period (weigh in and food pictures). BETR Health Weight Loss Program will be reported by HR to ZOMO (quarterly April, July, October). Employees will receive 50 wellness points for one 30 day period. (Max 100 points)



New Hire Details



New Hires January through July:

Need to complete the full Wellness Program to receive the Wellness Credit the following plan year and any future plan years.

New Hires August and September:

Will qualify for the Wellness Credit for the following plan year if you complete one of the following:

- Submission of Proof of Preventive Health exam from 11/01 previous year through 10/31 of current year (must be a HEALTH exam; not dental, vision, etc.).
- Consultation with the Employee Wellness Center (in-person or virtual) with submission of Health Consult Form (September new hires only).

Any additional Preventive Healthcare activities completed from 11/1 through 10/31 will count toward the 1,000 points of the Champion Package, then must earn the Wellness Credit for future plan years.

New Hires October:

Will qualify for the Wellness Credit for the following plan year if you complete one of the following:

- Submission of Proof of Preventive Health exam from 11/01 previous year through 10/31 of current year (must be a HEALTH exam; not dental, vision, etc.).
- Completion of a Health Assessment on ZOMO portal

Any additional Preventive Healthcare activities completed from 11/1 through 10/31 will count toward the 1,000 points of the Champion Package, then must earn the Wellness Credit for future plan years.

New Hires November and December:

Receive the Wellness Credit for the year they are hired and the following plan year, then must earn the Wellness Credit for future plan years.

If you have any questions regarding your participation status, please contact the PreventionCloud Support Team at support@preventioncloud.com or 877-506-5885.

Champion Of Your Health

Participants who earn 1,000 points or more will be eligible to win some great prize incentives after completion of the Wellness Program.



ACTIVITY	OPTIONAL	POINTS
Steps (Track 5,000 Avg Steps/Day for a month in Prevention Cloud)	Optional	25 (100 max)
Nutrition Tracker (Track 15 Days of Month in PreventionCloud)	Optional	25 (100 max)
Challenges	Optional	25 each
Special Activities	Optional	25 (100 max)
Webinar Recordings w/ Quiz	Optional	15 (60 max)
EAP Lunch and Learn Education	Optional	25 each



PRIZES

1st Prize

1 year paid 2027 health insurance premium (paid employee contribution of a single plan)

2nd Prize

Pick Your Perk
 One Paid Wellness Day in 2027
 Gym Membership/Fitness Class Reimbursement (Max \$500)
 Fitness Tracker Reimbursement (Single Device Max \$500)

3rd Prize

Pick Your Perk
 One Paid Wellness Day in 2027
 Gym Membership/Fitness Class Reimbursement (Max \$500)
 Fitness Tracker Reimbursement (Single Device Max \$500)

Prizes may be subject to taxation

***Employees must be employed at the time wellness prizes are awarded in order to be eligible to receive them.**



Registration /Login

ACCESSING PREVENTIONCLOUD:

Using your computer or mobile device, go to PreventionCloud.com or download the PreventionCloud App.

LOGIN INSTRUCTIONS

Username:

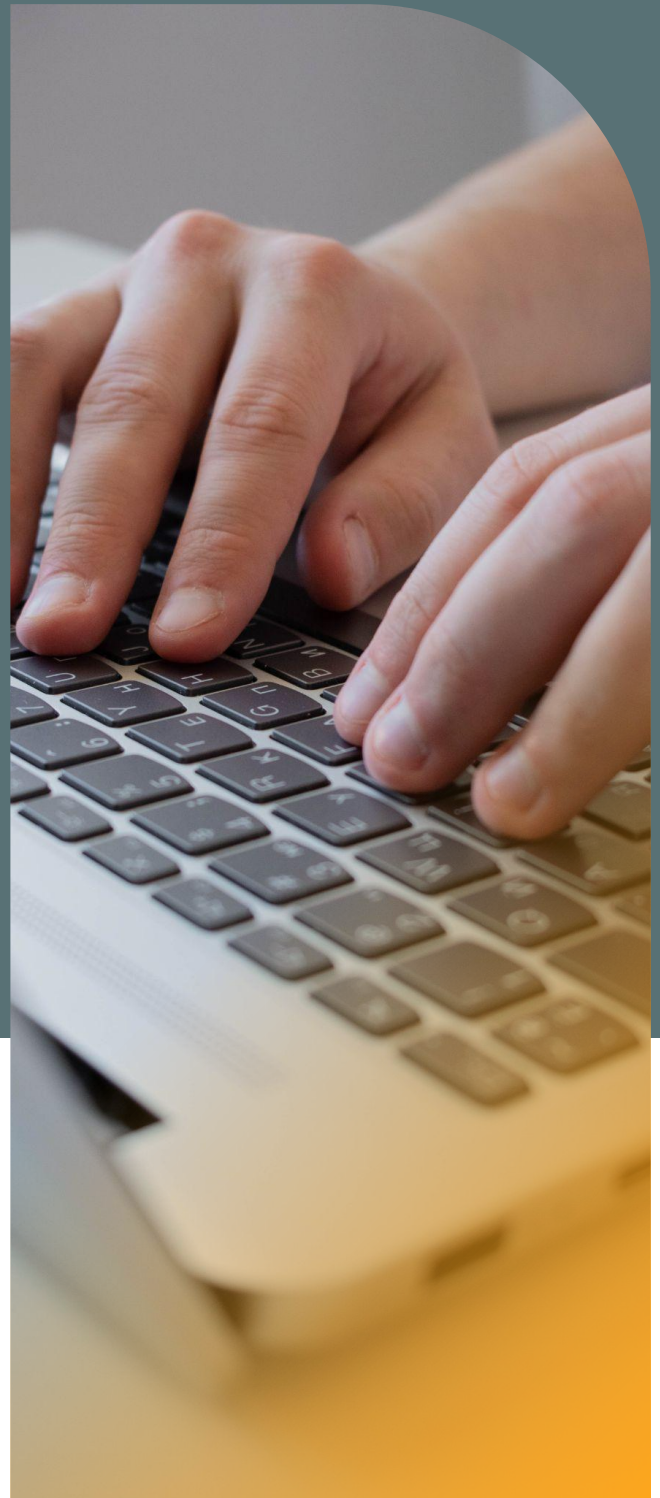
FIRSTNAMELASTNAMEBirthyear
(ex. JOHNSMITH1972)

*Do not use spaces or any type of symbol in your username.

Password:

Birthdate (MMDDYYYY)

Once logged in, you will be prompted to change your password. If you have logged in previously, please use the same login information that you used before.



Android QR Code



iOS QR Code

Please direct any questions or concerns to support@preventioncloud.com

Physician Form

FROM THE WELLNESS DASHBOARD

Click on **Activities** on the left-hand side of your user dashboard.

Click on

HIPAA Release
Online

Once completed, you may download and print the Physician Form.

Form Download

Take your form to your primary care physician. You can fax (713-714-2273) or input the information to PreventionCloud or you can submit through your personal wellness portal.

** The Age/Gender Preventive Screening Form is on the 3rd page of the Physician Form.*

Tasks/ Activities	Required/ Optional	Due Date	Status	Date
Annual Preventive Health Exam	Required	10/31/2026	Incomplete	
Mammogram	Optional	10/31/2026	Incomplete	

Current Points

2026 Preventive Health Qualifier Package: 0 Pts / 450 Pts

An established relationship with your primary care physician is essential for early detection of health issues and for getting and keeping you healthy.

***Please refer to your Physician Form for further instructions.**

If submitting an EOB, make sure to write your **unique ID** and the procedure on the EOB. Your unique ID can be found on the Annual Preventive Exam Form or in your profile on PreventionCloud next to **User ID**.



Submitting The Preventive Health Exam & Preventive Screening Forms Or Explanation Of Benefits

2 OPTIONS:

SECURE ONLINE USER UPLOAD (*RECOMMENDED OPTION*)

Submit via computer or phone →

1. Log on to your personal portal <https://www.preventioncloud.com/>
2. Click “Health Forms” located on your left menu
3. Click “Submit Forms” located on your left menu
4. “Select Form” section: Click the dropdown arrow to select the proper form
5. Attach your wellness form and click “Submit”
**if you are using your phone you can take a picture of your form*
6. You can view if your wellness form has been approved by clicking on your “Submitted Forms” tab located on your left menu

FAX THE FORM TO 713-714-2273

Make sure the sender receives a fax confirmation from the fax machine.

Please allow 3-5 business days to receive credit.

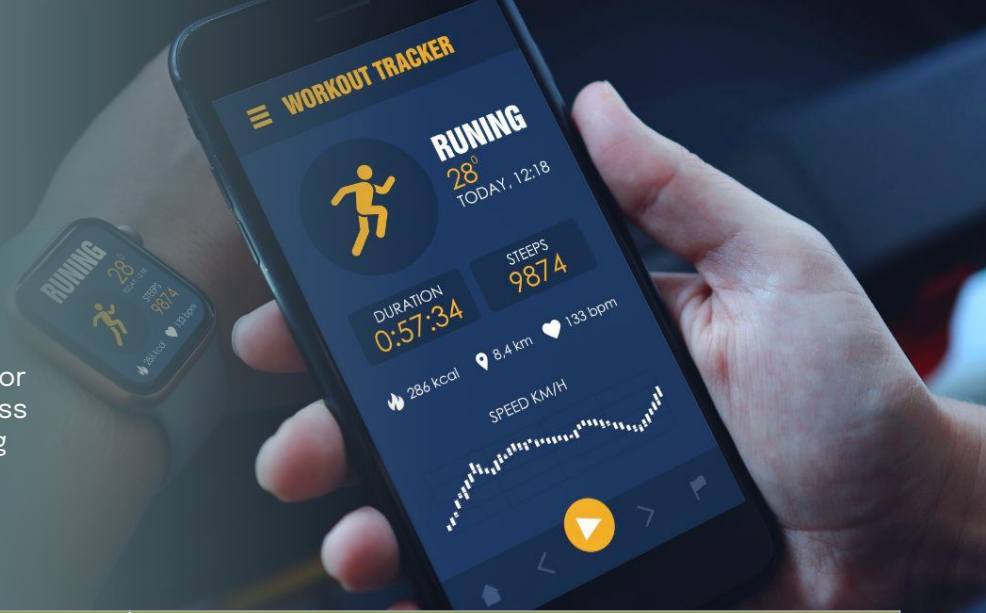
Please do not email your forms. We will not accept or process forms submitted via email due to privacy and security reasons.

Please contact support@preventioncloud.com with any questions.



Health Risk Assessment

The assessment is a set of questions to help you understand how you can improve or maintain your health. You will gain awareness of your health and behavior in the following assessment areas: overall health, prevention, nutrition, exercise, and emotional health.



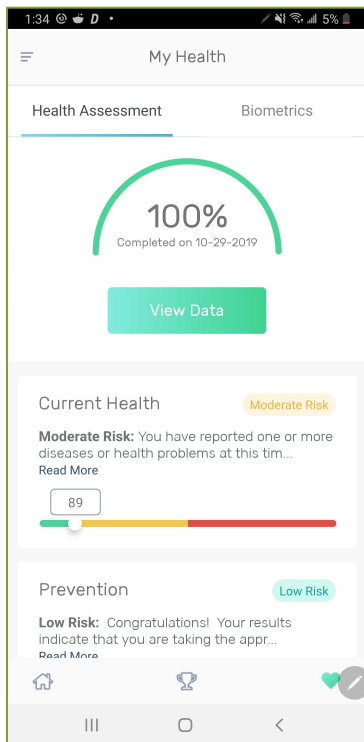
Smartphone (Mobile Device) Health Risk Assessment Steps:

Download your PreventionCloud app on your mobile device, Select “☰” located on the upper left and select “Health”

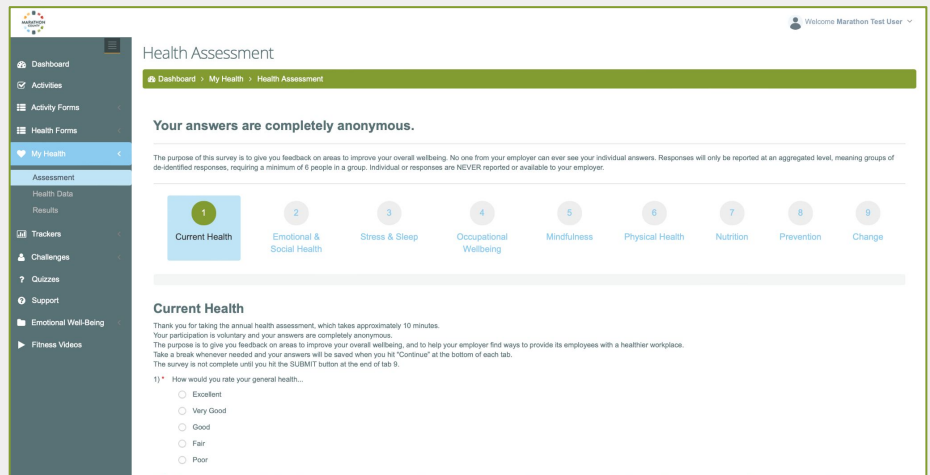
Computer Health Risk Assessment Steps:

Log into PreventionCloud.com through your computer, select “My Health” located on the left menu and then select “Assessment” from your computer

Mobile App Health Risk Assessment



Computer Health Risk Assessment



Protected Health Information (PHI) collected through the Online Health Risk Assessment is managed through a secure Health Management System and is only used to help determine your current health status and provide you with the most effective health improvement strategy. Policies and procedures are in place to properly safeguard and maintain the confidentiality of your PHI. PHI is only used as permitted in accordance with HIPAA laws. Your PHI will not be shared with C&D Technologies/Trojan Battery.

Age/Gender Preventive Screening List

PLEASE SEE PAGE 3 OF YOUR PHYSICIAN FORM FOR DETAILS

Age 19-39 Male & Female	Age 40-64 Male & Female	Age 65+ Male & Female
Breast Cancer Screening* (Female-Clinical Exam by Health Care provider every 1-3 years)	Breast Cancer Screening* (Female-Clinical Exam and Mammogram every year)	Breast Cancer Screening* (Female-Clinical Exam and Mammogram every year)
Dental Exam*	Dental Exam*	Dental Exam*
Vision Screening*	Vision Screening*	Vision Screening*
Covid-19 Vaccine*	Covid-19 Vaccine*	Covid-19 Vaccine*
Influenza (Flu) Vaccine*	Influenza (Flu) Vaccine*	Influenza (Flu) Vaccine*
Skin Cancer Screening	Skin Cancer Screening	Skin Cancer Screening
	Colorectal Cancer Screening* (beginning at age 50 for smokers and/or asthmatics)	Colorectal Cancer Screening*
	Prostate Cancer Screening* (Male)	Prostate Cancer Screening* (Male)
	Zoster* (Shingles Age 50+ single dose)	Zoster* (Shingles Age 50+ single dose)

Some screenings/vaccines may not be considered preventive and may require out of pocket expenses. It is the responsibility of the employee to verify their benefits and coverage. All out of pocket expenses are the responsibility of the employee. This is an optional activity.

*You can submit an **Explanation of Benefits** as an alternative. The **EOB** must identify the procedure plus include your **unique ID**. You will be provided with points for each screening visit you submit, they do not have to be submitted all at once.*

How To Submit Special Activities

FROM THE WELLNESS DASHBOARD

Click on “**Activity Forms**”

Click on

Submit Form

Select the Activity from the dropdown menus, select the date, upload any necessary attachment

Click

Submit

Dashboard

Activities

Activity Forms

Health Forms

My Health

Trackers

My Plan

Challenges

Quizzes

Support

Emotional Well-Being

Fitness Videos

MARATHON COUNTY

Employee Wellness Program 2026

CLICK HERE TO DOWNLOAD YOUR PROGRAM MANUAL

ANNUAL PREVENTIVE HEALTH EXAM

SUBMIT YOUR HEALTH FORM

PROGRAM MANUAL

betr

Participation Summary

Preventive Health Qualifier Package

2026 Be A Champion of Your Health (1,000 points)

Current Points

2026 Preventive Health Qualifier

2026 Preventive Health Qualifier Package:

0 Pts

450 Pts

Please direct any questions or concerns to support@preventioncloud.com

Check Your Participation Status

To check your participation status in the wellness program, follow these steps:

- 1) Login to **PreventionCloud**
- 2) Under the dashboard next to “**Current Points**” click on “**Details**”
- 3) This will navigate you to the **Incentive Summary** page

Here you will be able to see:

- the list of (required) activities including eligible start and end date, point weight and completion date
- total points earned
- incentive(s) earned
- details regarding your program deadline and incentives
- and more



Current Points Details

2026 Preventive Health Qualifier

2026 Preventive Health Qualifier Package:

0 Pts 450 Pts

Be A Champion of Your Health

Be A Champion of Your Health:

0 Pts 100 Pts 1000 Pts

If you have any questions regarding your participation status, please contact the PreventionCloud Support Team at support@preventioncloud.com or 877-506-5885.



Challenges



OLYMPIC CHALLENGE **April 1 - April 30, 2026**

Gain a ring each week for 5 weeks by completing an activity from 5 different categories- Endurance, Strength Training, Interval Training, Active, and Mind/Body.



NOURISH YOUR BODY **June 1 - June 3,0 2026**

In this individual challenge, participants will learn about the importance of proper nourishment and practice healthy eating habits.



Challenges



50 MILE **August 1 - August 31, 2026**

It's great spending time with friends and family but taking time for yourself is important too. Employees will need to check in once each week of this challenge to track their participation. Here's what will get you "miles": Eat 2 vegetables/day for a week, give up soft drinks for a week, walk 1 mile, run 1 mile and 30 minutes of strength training or cardio.



SLEEP TRACKER **September 15- October 15, 2026**

Sleep and health are strongly related. Getting good, quality sleep can improve your mental and physical health, quality of life, and safety.

Webinars & Quizzes

How to Access the Webinars:

1. On the homepage, on the left menu select “Webinars and Quizzes”
2. Click on your choice of webinar.
3. After watching the webinar, you will need to pass the quiz.

Earn 15 Points each (max 60 Points) towards your wellness incentive by watching each of the webinars and passing the quiz! Credit will be automatically added once you have watched the webinar and passed the quiz.



Positive Thinking

The importance of positive thinking is discussed with our psychologist. Learn how to be optimistic and see the glass half-full!

Men's Health

Learn about specific issues that affect men and how to use preventive testing and eat well to avoid health problems in the future.

Women's Health

Learn about health issues specific to women and how to stay on top of early signs and detections to that you can prevent health problems in the future.

Promoting Mental Health

Learn what mental health is and how it can affect your body. Learn tips and trick on how to stay mentally healthy throughout the day.

Cholesterol and Heart Disease

Understand how cholesterol and heart health play hand in hand and what foods to avoid and how to keep your fat consumption low and triglyceride levels low.

Healthy Habits and Weight Management

Develop a base knowledge on a healthy way of living. This presentation is designed to provide an essential foundation of health improvement knowledge while also creating personal plans covering exercise, nutrition, and stress management.

Financial Stress

Understand how financial stress can affect your physical health and take control of the family's finances and learn how to budget for the future.

Brain Health

Learn ways to keep our brain healthy by the foods we consume and the stress free exercise we do to balance life.

Work/Life Balance

Do you feel like you're constantly juggling work and home life? Never ending demands from work and home? You are not alone! Learn tips and tricks to juggle work/life and how to set boundaries.

Slow Down The Stress

Learn specific stress reduction techniques that you can do at home, work, or on the go. Learn the benefit of why you should make time throughout your busy schedule.

Emotional Wellbeing Support

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

You now have access pre-recorded emotional well-being videos from a certified mental health professional. These recordings range from 3 minutes to 30 minutes and cover a wide variety of topics. Each video you watch will earn you points towards your wellness incentives!



Accessing the Recordings:

- Log into your **PreventionCloud** account.
- Click "**Emotional Wellbeing Support**" located on your left menu.
- Find the topic you would like to watch and then click the "**Watch**" button.

The Emotional Wellbeing Support topics include:

- Activate the Pause
- Being Clear and Direct
- Break to Reignite Your Workflow
- Compassion in the Workplace
- Creating Purpose-Driven Space
- Cultivating Gratitude
- Dealing with Difficult People
- Dealing with News & Current Events
- Deep Relaxation
- Email Overload
- Instant Stress Relief
- Leave Work at Work
- Letting Go of Resentment
- Mini Vacation for Your Mind
- Navigating a Tough Conversation
- Navigating Anxiety
- Nurturing and Self Care
- Quick Sleep Meditation
- Relationships 101
- Shift Your Perspective
- Staying Calm When You're Overwhelmed
- The Art of Non-Judgmental Listening
- The Power of Breath
- The Power of Joy
- Turning Difficulties into Growth
- Visualizing Our Greatest Selves
- What To Do When Someone is Driving You Crazy
- What To Do When You Feel Stuck
- Working Through Conflict
- You Are Enough

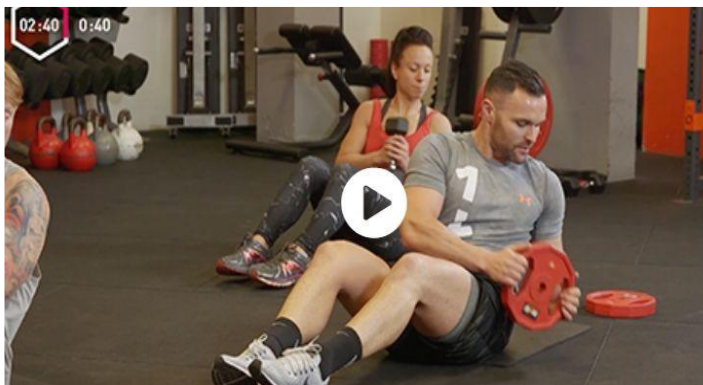
Fitness Videos

Log into your PreventionCloud account and click on Fitness Videos on the left navigation menu to find a variety of exercise videos for your home workout. You can choose from hundreds of videos regardless of your age, access to equipment, fitness level, or workout preference - there is something for everyone!

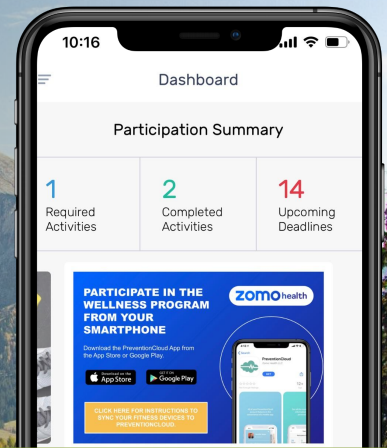
Join one of thousands of recorded classes on PreventionCloud.

You can filter by category, focus, and equipment needed.

**Fitness videos not available through the mobile app, you can use the URL.*



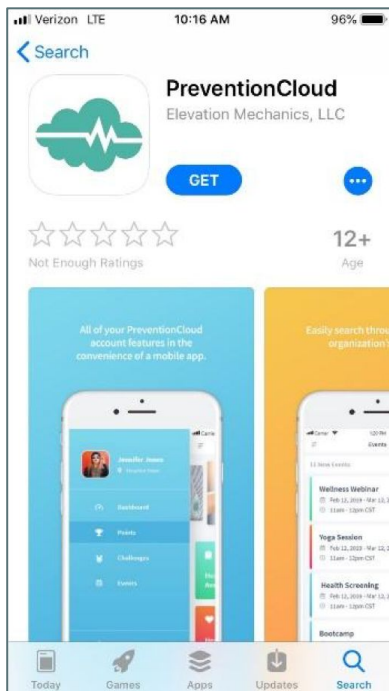
The PreventionCloud App



HOW TO DOWNLOAD THE PREVENTIONCLOUD APP (2 OPTIONS)

Option 1

Open your app store on your mobile device and search 'PreventionCloud' (1 word)



Option 2

Take a picture using your smartphone of the QR Code below and open the PreventionCloud App.

Android QR Code



iOS QR Code



HOW TO LOG INTO YOUR PREVENTION CLOUD APP

Username:

FIRSTNAMELASTNAMEBirthyear

Password: DOB

(mmddyyyy)

A screenshot of the PreventionCloud app login screen. It features the app's logo at the top. Below the logo are two input fields: 'Username' with the text 'JOHNSMITH1971' and 'Password' with a masked password '.....'. There is a 'Remember Me' checkbox and a link for 'Forgot Username/Password?'. A red 'Continue' button is at the bottom.

Most Popular Devices

1. Apple Watch
2. Samsung
3. Fitbit
4. Garmin
5. Polar

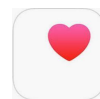
How To Sync Your Fitness Device

To sync your device data with PreventionCloud, your device should be connected to an app on your mobile device. For example, FitBit devices have the FitBit app on your phone. That FitBit app connects with the Health Kit app on iOS devices and Google Health Connect on Android devices. The data from your Health Kit app or Google Health Connect app will sync with the PreventionCloud app each time you open the app.



Google (Android) - Google Health Connect

1. Open **PreventionCloud**, then Locate the "Health Connect" option in the menu. If the app is not installed, you will be prompted to install it.
2. Follow the link to the Play Store and install Health Connect. Once installed, open it to ensure the app is ready. Grant the necessary permissions.
3. Reopen **PreventionCloud** and select "Connect to Health Connect" again.
4. Health Connect will open to confirm permissions. Grant all required permissions.
5. Once permissions are granted, **PreventionCloud** will sync data with the app. Enjoy seamless data management and insights.
6. Open Google Fit. and grant the necessary permissions for Health Connect.
7. Allow the requested permission and see the connected screen. Once you have the Connected screen, you will able to see the list of applications you have given permission to on Health Connect.
8. Once you have Google Fit, Health Connect & Prevention Cloud all connected with each other you can log any data from Google Fit and you can see that data is synced with the **PreventionCloud** platform.



Apple (iOS) - Health Kit

1. Download/Open the Health Kit App
2. If you are already using a third-party app, it will be automatically synced (if not, this can be completed in the Health Kit settings)
3. Download the **PreventionCloud** mobile app from the App Store
4. Click on the app icon from your home screen to open it
5. Login using your username and password.
Username: FIRST NAME + LAST NAME + Year of birth (JOHNSMITH1971)
Password: DOB (mmddyyyy).
6. From your PreventionCloud app click "Health Kit"
7. Enable Sync
8. The app will sync with Health Kit every time you open it and push the data to **www.PreventionCloud.com**

Devices And Apps You Can Sync To Preventioncloud

COMPATIBLE DEVICES

- Apple Watch Series 3
- Amazfit
- LG Watch Sport
- Xiaomi Mi Band 2
- Misfit Ray
- Polar
- Wahoo Tickr X
- Garmin
- Misfit
- Withings
- Jawbone
- Samsung
- Fitbit
- Moov
- Sensoria
- Nokia

*Although listed as compatible to the Android and IOS operating systems, some devices may require third party apps in order to migrate data from the device to Google Health Connect or Apple Health apps.

GOOGLE HEALTH CONNECT (ANDROID) APPS

- Google Health Connect: Health and Fitness
- Calorie Counter – Asken Diet
- Lose it! – Calorie Counter
- Under Armour Record
- Workout training
- Runkeeper – GPS Track Run Walk
- Runtastic Running App: Run & Mileage Tracker
- Nike Run Club
- Fitwell- 30 Day Fitness Workout Diet Step Counter
- Runtastic Results
- Calm – Meditate, Sleep, Relax
- Calorie Counter – MyFitnessPal
- 8fit Workouts & Meal Planner
- Run with Map My Run
- Map My Fitness Workout Trainer
- Walk with Map My Walk
- BodySpace – Social Fitness
- Endomondo – Running & Walking
- Instant Heart Rate: HR Monitor & Pulse Checker
- Noom: Health & Weight
- Health Mate – Total Health Tracking
- Map My Ride GPS Cycling Riding
- Seven – 7 Minute Workout
- Progression Workout Tracker
- Weight Track Assistant
- Runtastic Steps
- PlexFit for Pebble
- SmartBand Talk SWR30
- Pedometer
- SmartBand 2 SWR12
- Magra – Weight Loss Coach
- Instant

APPLE HEALTH (IOS) APPS

- Nike+ Run Club
- Human
- Garmin Connect Mobile
- Runtastic
- DailyBurn
- Carrot Fit
- Fjuul
- Dance Party
- Get Moving
- Map My Run
- PEAR Personal Coach
- Strava Running and Cycling
- Zova Personal Trainer
- Runkeeper
- Zombie, Run!
- Strava
- Lifesum
- Streaks
- Gymaholic
- MyFitnessPal
- Swing Tennis Tracker
- Pocket Yoga

***Any app or device that can be synced to Google Health Connect or Apple Health that is not listed can also be used**

How To Sync Your Fitbit

ESTIMATED TIME REQUIRED: 5 MINUTES OR LESS!



1. Log in to the **WELLNESS PORTAL**.
2. Click on **"TRACKERS"** from the left hand menu.
3. Click on **"FITBIT SYNC"** from the left hand menu.
4. Enter the email associated with your Fitbit and connect.
5. Enter your Fitbit account login information to complete the setup.

INSTRUCTIONS ON HOW TO LOG MANUAL STEPS FOR: WALKING/RUNNING/SWIMMING/CYCLING

1. Log in to the **WELLNESS PORTAL**. Click on **EXERCISE** under the **TRACKERS** left menu.
2. Select Walking, Running, Swimming, or Cycling.
3. Enter the distance and change the measurement unit (meters, miles, kilometers, steps, yards).
4. Click **LOG** and your exercise will automatically convert to steps and show under the activity history section on this page.
5. Any steps shown under the activity history section will automatically count for the challenge regardless of whether they are from Fitbit or manually entered.

Date	Activity	Source	Steps	Miles	Duration	Calories	Action
Mar 3, 12:00 am	Walking	User Entry	4,500	2.13 miles	0:00		

Support

Our Support Team is happy to assist you!

1-877-506-5885

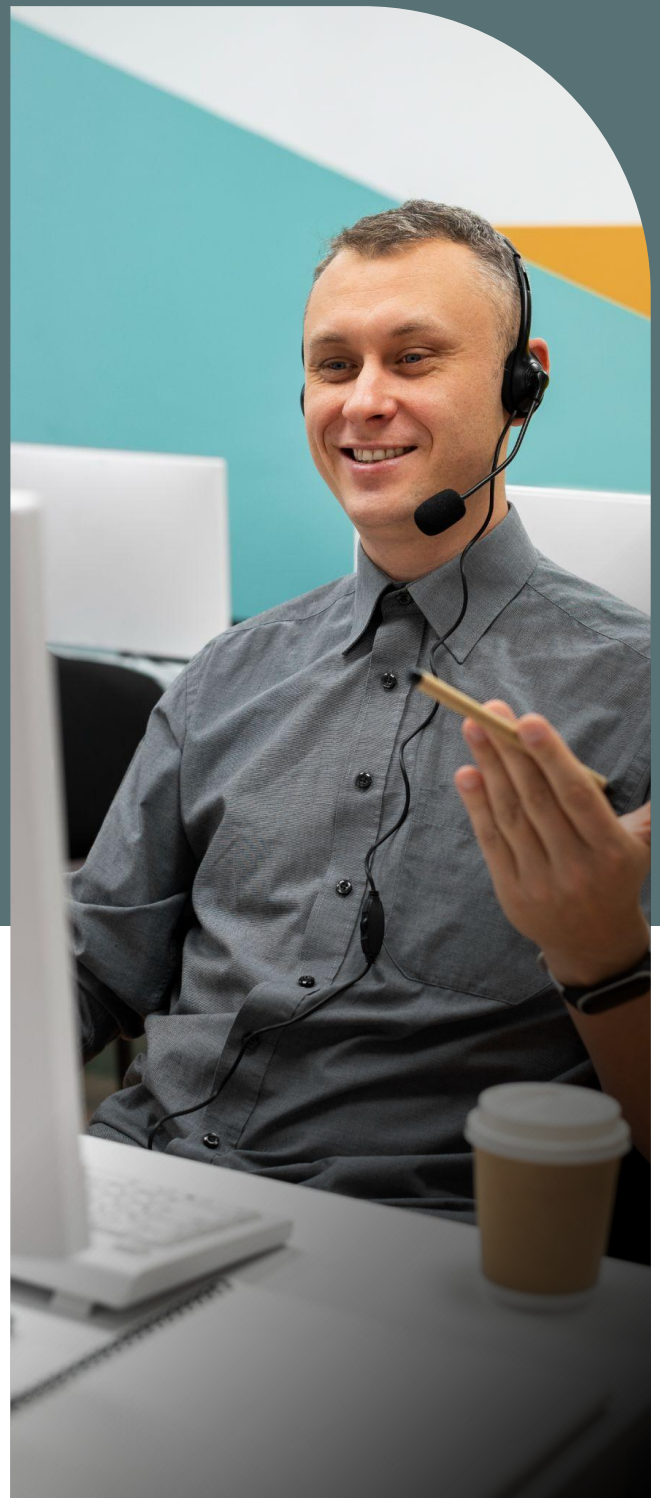
support@preventioncloud.com

We are available during regular business hours Monday-Friday. If you reach our voicemail or send us an email, we will get back to you as soon as possible within 1-3 business days.

Troubleshooting Tips

We pride ourselves on providing exceptional technology offerings, but sometimes software needs a quick refresh to run at its best. Here are some simple troubleshooting tips if you are experiencing any technical difficulties.

- Ensure you are using the most updated version of the operating system, browser, or app
- Clear your cache, browser history, and cookies
- Log out and log back in



Privacy Of Health Information

WHAT FEDERAL LAWS DO YOUR EMPLOYER AND PREVENTIONCLOUD FOLLOW?

- Health Insurance Portability and Accountability Act (HIPAA) Compliant
- Genetic Information Nondiscrimination Act (GINA) Compliant

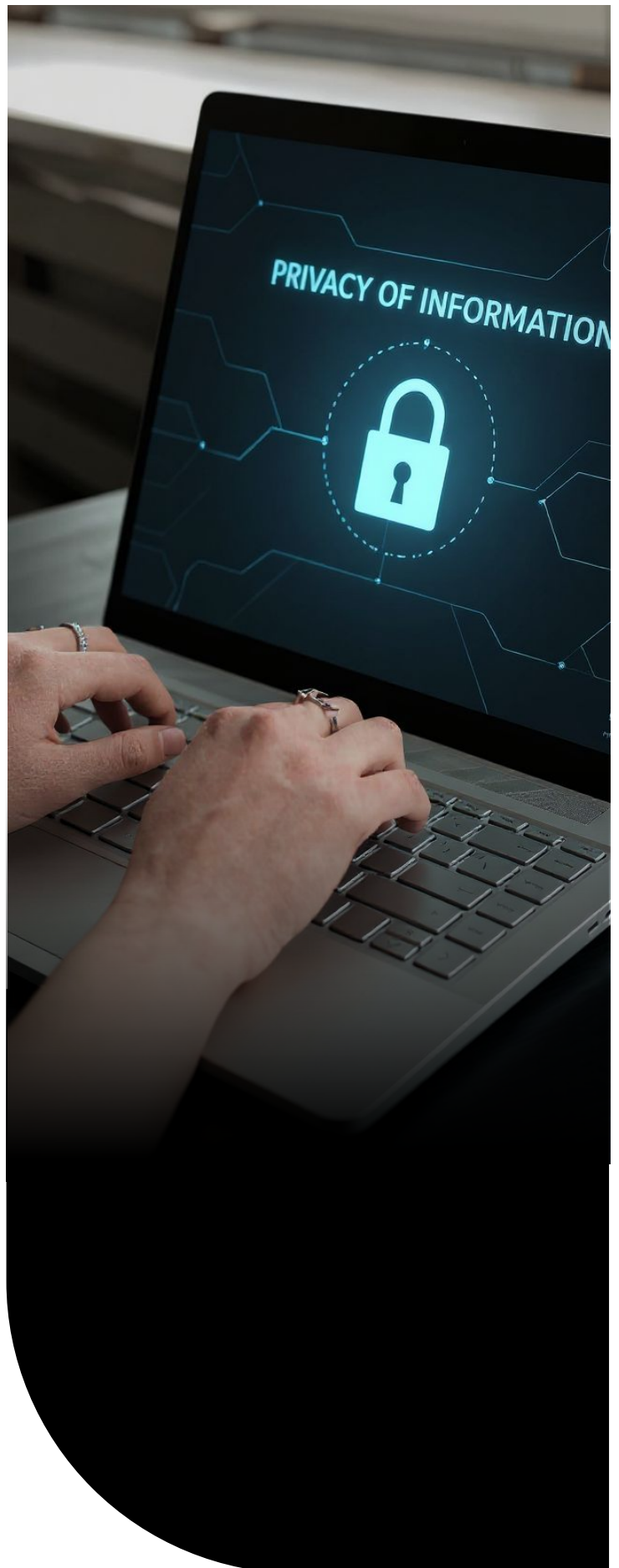
WHAT DOES THIS MEAN?

All individually identified health information collected and maintained by PreventionCloud is kept 100% secure & private. No individually identifiable health information is shared with your employer or the Health Insurance Carrier. No family history is requested within the Health Risk Profile.

WHAT IS SHARED WITH YOUR EMPLOYER?

Only aggregate reports summarizing total population health information is given to your employer. These aggregate reports will in no way reveal or provide any individually identified health information.

Please contact support@preventioncloud.com with any questions.





📍 1980 Post Oak Blvd., Ste 100, Houston, TX 77056

☎️ (877) 506-5885

✉️ support@preventioncloud.com

🌐 www.preventioncloud.com

Please contact support@preventioncloud.com
with any questions.