

Healthy Decisions Wellness 2018

January 1st – June 30th, 2018



As a Healthy Decisions participant you will receive a monetary deposit in your HSA/HRA to assist with your medical expenses. In order to qualify for this deposit please complete the following three steps by the outlined deadline.

	Enrollment Requirements	Enrollment Deadline
Enrollment Steps		
Step 1:	Contact the Healthy Decisions office to schedule your Health Coaching appointment at 786-1699 or email at healthy_wellness@cmhc.org	All steps are due for completion prior to 03/2018 to be eligible for the April deposit
Step 2:	Complete your biometric lab order at your closest CMHC lab facility PRIOR to your Health Coaching appointment <ul style="list-style-type: none">• Lab orders will be sent to CMHC lab of choice once you make your Health Coaching appointment with one of our Healthy Decisions team members• Please complete your lab orders 4-5 days prior to your scheduled appointment	
Step 3:	The completion of your Health Coaching appointment will finalize your enrollment process	

- Health Coaching appointments will be available at the CMMC, Rumford Hospital and Bridgton Hospital campuses as well as the Topsham medical building location
- Health Coaching can be completed over the phone in the case of hardship; please contact us for further details
- Please allow one hour for your Health Coaching enrollment appointment