

2024 ATSG Incentive Program



Marathon
Health™

Your incentive program will run from **January 1, 2023** through **September 30, 2023**. Employees who are enrolled in the medical plan have the option of participating in the incentive program. Working towards your best health can save you money! Complete activities to earn gift cards and a wellness premium discount for 2023.

Incentive Program Activities:

- 1. Health Risk Assessment (Required):** Complete online in the Marathon Health Portal. (500 points)
- 2. Annual Physical with Labs (Required):** Complete with Marathon Health or with a primary care provider. Provider must submit a [verification form](#) to Marathon Health. (2,500 points)
- 3. Tobacco Attestation:** Verify that you are tobacco free by self-reporting in the Marathon Health Portal. (500 points)
- 4. Health Coaching Visits:** Complete three health coaching visits with Marathon Health. (500 points)
- 5. Wellness Challenges:** Participate in quarterly challenges through the Marathon Health Portal and earn points for achieving the goal. (100 points)
- 6. Preventive Exams:** Complete a mammogram, colonoscopy, dental, vision well-women, skin check, prostate, etc. (500 points each)
- 7. Quarterly Featured Activities:** Participate in featured activities and earn points for each quarter. (100 points each)
- 8. Marathon Health Workshops:** Visit the Marathon Health Portal to complete. (100 points each / max 400 points)
- 9. Physical Activity:** 600 minutes per month. (250 points)

Incentive Reward: Rewards are based on the number of points you accumulate by the end of the program:

	Points	Gift
Level 1	500	\$10 Gift Card
Level 2	1,500	\$25 Gift Card
Level 3	3,000	2024 Wellness Premium Discount * Must complete HRA and Annual Physical with lab to receive
Level 4	5,000	\$50 Gift Card

To view a complete list of activities and to track your progress, click on the Incentives tab in the [Marathon Health Portal](#). For questions, contact the Marathon Health Member Relations Team at 513-964-0830.