



Wellness Grant Program FAQ

Helping our policyholders keep their workers healthy and safe is one of Texas Mutual's most important goals. To help achieve this, Texas Mutual is introducing a new wellness grant program for policyholders that will offer biometric health screenings for employees and a 12-month workplace wellness program provided by SimplyWell, a proven leader in corporate health and wellness program administration.

For in-depth information about the program, take a look at the frequently asked questions below. If you have any questions not addressed here or need help completing your application, contact our Safety Services Support Center at 844-WORKSAFE.

Q: Who is eligible to apply?

A: To be eligible for a wellness grant, an applicant must:

- Be a Texas Mutual policyholder
- Have no existing wellness program - For the purpose of this program, a workplace wellness program is defined as a program that consists of both a health-risk appraisal that includes biometric assessment designed to measure health-risk factors, and a program that addresses those health-risk factors.

Q: How do I apply?

A: Login to texasmutual.com, visit the Safety Resources tab, and click the orange Safety & Wellness Grants button. To be considered for a grant, complete the online application by August 11, 2017.

Q: What is included in the grant?

A: The Wellness grant provides funding to assist employers in establishing programs to reduce health-risk factors specific to their employees. The program will offer biometric health screenings for employees and a 12-month workplace wellness program through SimplyWell, a proven leader in corporate health and wellness program administration.

SimplyWell will begin working with you in the months leading up to the start of your program, requiring that someone from your company be available to coordinate. The time commitment in this phase of the program will be approximately 10 hours. An ongoing commitment to creating a healthy and motivational environment is also a vital part of the grant program.

The biometric screenings will be coordinated between you and SimplyWell and will consist of:

- Weight and height checks
- Blood pressure test
- Fasting glucose test
- Hemogram/complete blood count test
- Lipid profile

Q: What is required of my company if I receive a grant?

A: Most importantly, your company should expect to make a commitment to workplace wellness. This includes gaining buy-in from leadership and encouraging adoption of the program among employees. To manage the coordination of your wellness program, you will need to designate someone within your organization as a wellness program coordinator.



SimplyWell will reach out to this individual after you've received an acceptance notification through email. You will work closely with them to establish a workplace wellness program, register users for an interactive member portal and schedule biometric screenings. This is accomplished through a series of meetings with your SimplyWell representative. They will walk you through the entire process and support your organization throughout your 12-month program.

Q: Why should I be concerned with workplace wellness?

A: Wellness is not just a personal issue for your employees. It's actually a workplace safety and productivity issue as well. An unhealthy workforce increases employer health care costs, workers' comp expenses and missed work time.

Q: Is there any financial obligation for my company to participate?

A: Texas Mutual is providing funding for your 12-month workplace wellness program and biometric screenings for employees. There is no financial obligation associated with the wellness grant program. However, many employers choose to provide incentives for employees to participate, which are not covered through the grant. SimplyWell will provide more information about the use of incentives.

Q: Will Texas mutual receive any medical data gathered if my company participates?

A: Texas Mutual will track the overall effectiveness of the wellness grant program, but we will not receive any individual results. The only data that SimplyWell will provide to Texas Mutual will be aggregated and anonymized.

Q: Will I receive a premium discount?

A: No, Texas Mutual does not offer a premium discount for participating in the Wellness Grant Program.

Q: How and when will I be notified if I've been selected?

A: Acceptance and declination notifications will be sent by email to the person you identified as the program coordinator in your application. You will be notified in the weeks following your application submission.

Disclaimer

Participation in the Wellness Grant Program and use of SimplyWell LLC's services ("Services") is not intended to assure compliance with any law, rule or regulation and Texas Mutual Insurance Company ("Texas Mutual") does not warrant or represent that use of the Services will ensure that your workplace is healthful or in compliance with any law, rule or regulation. Texas Mutual does not guarantee the adequacy of the Services or any results from use of the Services. Texas Mutual is not liable for any loss, damage, injury, expense or liability incurred by you arising out of your implementation or use of the Services.