

Welcome to Healthy Merits!



THE CATHOLIC DIOCESE
of
PENSACOLA-TALLAHASSEE





Welcome to Healthy Merits



Great results start with a great plan!

Diocese of Pensacola-Tallahassee values your health and wellness. That's why employees on the medical plan will have access to the Healthy Merits Wellness Program.

Health concerns, such as being overweight, not getting enough physical activity and using tobacco, can lead to poor health or chronic illness down the road. That's why it's important to take action now and Healthy Merits can help! Here are a few highlights of the program:



Personalized experience.

Log in using your own unique login and customize the program to suit your needs. There are many challenges available—choose the ones that speak to you and your health journey.



Device syncing.

Have a Fitbit®, Apple Watch® or other wearable device or app? Sync it up with your Healthy Merits account and let it do the tracking for you.



Go mobile.

Participate on the go using the iOS® and Android™ mobile apps. Everything you can do on the site, you can do in the app!



Text reminders/mobile notification.

Set the days and times you want to be reminded to start your activity. Not only does it remind you, but a simple text message reply actually tracks your progress! There's no need to log in! Don't want the extra text messages? Set up mobile notifications to remind you instead.



Real-time progress.

See your progress update in real time. Always know where you stand and how far you have to go before you hit the next achievement level.

Questions? Call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

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Your Wellness Program and Incentives



With Healthy Merits, you'll have access to a multitude of wellness resources, including wellness challenges, tracking and fitness device integration and a health assessment tool. The goal of Healthy Merits is to help you become healthier by establishing smart and easy habits to last a lifetime, versus setting temporary goals. Please keep in mind, before you can get started, you must register for access to your new Healthy Merits wellness website at <https://dopt.healthymerits.com/>.

Earn incentives for taking steps towards better health

Employees who are on the medical plan are eligible to earn up to \$600 in rewards. Each point earned equals one dollar to spend in the Rewards Mall. Unlock the Rewards Mall by completing your Age Gage health assessment. Earn points to spend in the Rewards Mall by completing activities and challenges throughout the year! All activities must be completed by March 15, 2027. Be sure to redeem all points by March 31, 2027.

Gateway activity	How to participate
Age Gage	Complete your health risk assessment or update it for 2026/2027 to earn points during the plan year.

Wellness challenges	How to participate	Wellness points you can earn	Maximum points you can earn
Meet three out of your five targets	Meet three out of five risk factors during your biometric screening to lower your risk for metabolic syndrome. ● LDL <130 mg/dL ● Total cholesterol <200 mg/dL ● Male: HDL ≥50 md/dL ● Female: HDL ≥40 md/dL ● Glucose <100 mg/dL ● Triglycerides < 150 mg/dL	10	50
Say Aah	Complete your annual physical with your primary care physician.	50	50
Preventive health exam	Complete a routine preventive exam. Examples include annual exams with your primary care provider, mammogram, colonoscopy, PSA, pap smear, prostate exam etc.	25	50
Do It Your Weigh	Join and complete a weight loss program of your choice such as Jenny Craig® or Shakeology®.	50	50
Wellness Journey	Complete a Wellness Journey of your choice.	25	100
Open Wide	Visit your dental provider for an annual or bi-annual cleaning.	25	50
20/20 Vision	Complete your annual vision exam.	25	25
Wellness Event	Complete a sanctioned wellness event such as running or walking a 5k, 10k or half marathon.	25	50
Healthy Selfie	Snap a photo of yourself being active and promoting health.	10	10
Blood drive	Give blood up to six times per year.	10 per donation	60
Volunteer Ops	Volunteer in your community.	10	100
Company challenge	Participate in a company-wide wellness challenge. Focus on diabetes, stress management, hypertension or finances.	25 per challenge	100
Move It or Step To It	Earn points for being physically active! Just sync your device or app for automatic progress updates. Complete 5,000 steps three times per week to earn the reward.	50	200
Maximum points that can be earned:			895

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How to register for Healthy Merits



Are you ready to begin your wellness journey with Healthy Merits? Before you can get started, you'll first need to register for your new Healthy Merits wellness website. This personalized website gives you tools and resources to help guide you along your wellness journey.

Please note: you'll need to use an email address for the registration process and you'll also want to have your member ID card handy.

From your computer or smart device, go to the Healthy Merits website at <https://dopt.healthymerits.com/>.

If registering on our app, click on **New User?** and enter **dopt** to begin.

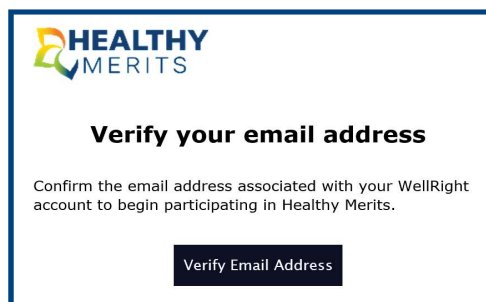
If registering on the website, click on **Register**.

Next, enter the email address you intend to use in order to access your account, and your unique ID. Your unique ID is your member ID for individuals enrolled in the employer sponsored medical plan as shown on your medical ID card. Click **Continue**.

A screenshot of the Healthy Merits registration form. At the top is the Healthy Merits logo. Below it, the text 'Let's match you to your account' is on the left, and 'Step 1 of 3' is on the right. There are two input fields: 'Email' and 'Unique ID'. Below the 'Unique ID' field is a small link that says 'Meritain Health member ...'. At the bottom is a large green button labeled 'Continue'.A screenshot of the Healthy Merits login form. At the top is the Healthy Merits logo. Below it, the text 'Log In' is followed by 'Welcome back!'. There are two input fields: 'Email address' with the placeholder 'your_email@address.com' and 'Password'. Below the password field is a checkbox labeled 'Remember my email' and a link labeled 'Forgot Password?'. At the bottom is a large green button labeled 'Log In'. Below the button are the links 'Don't have an account?' and 'Register'.

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You'll receive an email asking you to verify your email address and activate your account. If you don't see it right away, be sure to check your spam or junk folder for this email. It may take up to five minutes to deliver. Your registration won't be complete until you complete this step.



Once you've verified your email address, you'll be prompted to review information about yourself to complete your registration. If everything looks good, click **Continue** to create your password and finalize your registration.

A registration form titled "Step 1 of 2" with the Healthy Merits logo. It says "Hello!" and "Tell us a little bit about yourself". It has input fields for "First Name", "Last Name", "Date Of Birth" (with a calendar icon), and "Gender" (with a dropdown arrow). At the bottom is a dark "Continue" button.

After activating your account, you'll be able to explore Healthy Merits topics, join challenges and begin earning incentives.

A registration form titled "Step 2 of 2" with the Healthy Merits logo. It says "Activate Your Account". It displays the email "healthymerits@gmail.com". There are input fields for "Password*" and "Confirm Password*", each with an eye icon for toggling visibility. Below these are password requirements: "Your password must be at least eight (8) characters in length" and "Include a minimum of three (3) of the following mix of characters: uppercase letter, lowercase letter, number, or special character (!@#\$%^&*)". There is a checkbox for "I have read and agree with the terms and conditions of the Privacy Policy and the Terms of Use." At the bottom is a dark "Register" button and a checked checkbox for "Remember my device for future logins (Uncheck if this is a shared device)".

Congratulations! You're now on your way to a healthier, happier you.

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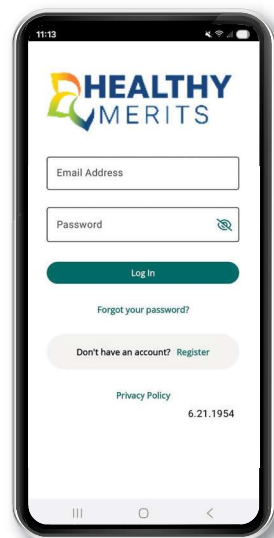
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The Healthy Merits Mobile App

Wellness on the go



Get active. Eat healthy. Take time for yourself. Now your wellness journey can go with you!

Download the app today

1. Download the Healthy Merits app in the iOS App Store®, Google Play Store™ or by scanning the QR code.
2. Log in using the same username and password you use on <https://dopt.healthymerits.com/>. If you haven't created an account, use the company code **dopt** and your Meritain Health® member ID number to create one through the app. Be sure to enter your name exactly as it appears on your member ID card.



Android app



Apple app

The Healthy Merits mobile app is the easy, fun and on-the-go way to access all the great features of the platform.



Join a challenge



Track your progress



Complete the assessment



Complete a course



Sign up for push notifications

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Age Gage

Your Online Health Assessment



Being healthy starts with awareness

Simply knowing your health risks is a step in the right direction to improving your health. A health assessment is a series of questions you can answer online, at your own convenience.

How to register for your Healthy Merits website

Before you can access all resources available online, you'll need to register for your Healthy Merits website. Here, you'll find your health assessment, online coaching, health tools and resources, company challenges and more! To register, simply follow the steps below:

1. Click on or copy and paste the below website:
<https://dopt.healthymerits.com/>.
2. Click on *Register*.

A screenshot of the Healthy Merits login page. It features a 'Welcome back!' message, an 'Email address' field with the placeholder 'your_email@address.com', a 'Password' field with an eye icon, a 'Remember my email' checkbox, a 'Forgot Password?' link, a 'Log In' button, and a 'Don't have an account? Register' link. The 'Register' link is circled in orange.

3. Enter your information as it appears on your Meritain Health® medical ID card. Your unique ID is your member ID found on your ID card.

A screenshot of the Healthy Merits registration page. It features the 'HEALTHY MERITS' logo, a 'Welcome to your Wellness Program!' message, and instructions to 'Set up your WellRight account to get started on your wellness journey.' There are two radio button options: 'I am the member' (selected) and 'I am a family member'. Below these is a 'Continue' button.

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Accessing your health assessment

Once you are registered, simply log in to <https://dopt.healthymerits.com/>. Click on *Age Gage*, then select *Questions*.

You'll answer questions about:

- Your health history.
- Preventive health.
- Improving your health.
- Your lifestyle.

Ready, Set, Change



"If you want things in your life to change, you have to change things in your life." Are you ready to take the next step in your wellness journey? While change isn't easy, it can be an exciting opportunity to take control of your life. With knowledge, determination, and motivation, you can make the choice to take small steps that can impact your wellness in significant and lasting ways. There's never been a better time to start.

How interested are you in improving your food choices? *

How interested are you in exercising more? *

How interested are you in reducing daily stress? *

Home / My Wellbeing Insights

My Wellbeing Insights

Personalized recommendations to positively impact your wellbeing

Dimensions

Habits

Biometrics

Conditions

Current Copy

What habits should I work on?

You are the sum of your habits. Thus, the only way to change yourself is to change your habits. Initially, it takes some focus and work to build a habit, but once you build a habit (or break a habit), your mind is free to work on something else. You have literally rewired your brain to do a new routine without even thinking, and by doing so you have become a new person.

Habits	Risk	My Results	Target Value
Enjoy sunshine in moderation	High	No	Yes



Home / My Wellbeing Insights / Health Assessment

AgeGage

Ready, Set, Go

Measure Up

Women's Health

Golden Years

Cholesterol

Under Pressure

Not Too Sweet

Measure Up



Maintaining a healthy weight helps you feel good about yourself, gives you more energy, and helps prevent serious health conditions including heart disease, high blood pressure, type 2 diabetes, and some cancers. To maintain a healthy weight, the amount of energy you intake from food and drinks needs to be balanced with the amount of energy your body uses for things like breathing, pumping your blood, and being physically active. To lose weight, your energy intake must be less than your energy use.

What is your height?

0 feet 0 inches

You don't need to complete the full assessment all at once. You can work on it whenever you log in to Healthy Merits; your progress will auto-save.

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Say Aah

Annual Physical Exam



Take control of your well-being today

Take an easy step towards good health. Did you know preventive care is the number one way to help yourself and your family stay healthy? Regular visits with your doctor let you know if you're in tip-top shape. They can also help alert you to health risks, so you can take action for improved wellness. Your doctor will help you stay up-to-date with immunizations or required health screenings you may need based on your age, gender or health history.

Built into your health plan are preventive benefits that cover:

1. Physical exams.	4. Pap smears.	While most in-network benefits are subject to your deductible and coinsurance, these exams are usually paid at 100 percent when billed as preventive by your health care provider.*
2. Mammograms.	5. Immunizations.	
3. Prostate blood exams.	6. Colonoscopies.	

When scheduling a visit for preventive care, just follow these two easy steps:

1. First, let your doctor's office know your visit will be for preventive care.
2. Before you leave your visit, simply check with the office that your service was listed as preventive.

When combined with healthy eating and exercise, vaccines and early detection are your key to a long and healthy life.

* Your Summary Plan Description (SPD) contains information about all preventive care services, including well visits that are covered under your health care benefits.

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How To Access Your Rewards Mall And Statement



What will you get with your points?

Wellness is fun, but it's even more fun when you get rewarded for it! Cash in your points for e-gift cards redeemable at Target, Walmart, Amazon, Best Buy, Starbucks and more. Select *Redeem Rewards* in your profile or check your rewards balance any time by clicking *Rewards Statement*.

Start by logging into your account at <https://dopt.healthymerits.com/>. Don't have an account yet? Be sure to get started today.

How to access your Rewards Mall

1. Click on *Rewards* from your navigation bar.



2. Scroll to review your points and available gift card options.

You can now go shopping and cash in your points for e-gift cards!

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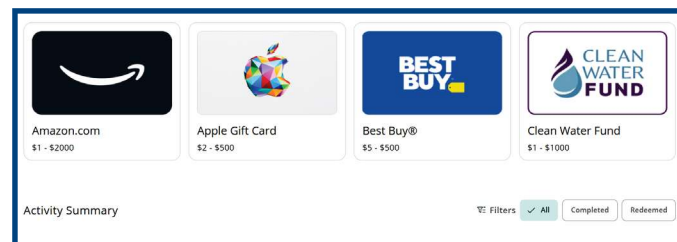
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Charity donation options

- Clean Water Fund
- Habitat for Humanity

Please note: if you choose these options, the gift card donation will be donated on the organization's behalf.



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Biometric Screening Form

Use this form to earn credit for completing your biometric screening with your primary care physician (PCP).

Members: please fill out the required information in Section 1 and give to your PCP to complete Section 2 of this form.

Section 1—Member Information

Member name (last, first, initial)	Group name:	Member ID number:
Member address:		Date of birth:

Section 2—Provider (please complete the information in its entirety)

Glucose:	Blood pressure:
HDL cholesterol:	Weight/BMI:
Triglycerides:	Tobacco/Cotinine:
Provider's name:	Provider's phone number:
Provider's address:	Provider's signature:

Your signature indicates this individual is under your care for treatment and promotion of health to prevent disease.

Submitting your Biometric Screening Review Form

Visit your Healthy Merits website for instructions on how to submit your form. No scanner? No problem. You can also snap a photo of your form using your smart phone and upload it for credit.

The Healthy Merits Wellness Program from Meritain Health® is made available to you by your employer. Health screenings are an important part of the program, helping participants identify risk factors so they can take steps to reduce them. Healthy Merits is not meant to replace the medical advice of a doctor.

If you have any questions, please contact Healthy Merits at 1.877.348.4533.

Volunteer Form

Use this form to earn credit for completing volunteer hours in your community.

Member Information

Name of volunteer (last, first, initial):

Volunteer organization:

Dates of service:

Total hours served:

Signature of authorized organization representative:

Submitting your Volunteer Form

Visit your Healthy Merits website for instructions on how to submit your form. No scanner? No problem. You can also snap a photo of your form using your smart phone and upload it for credit.

If you have any questions, please contact Healthy Merits at 1.877.348.4533.



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