

2026 Annual Wellness Action Plan

Deadline:

 September 30, 2026

 5 P.M. CST

For employees **currently enrolled** in an MHS medical plan with United Healthcare to qualify for the base premium rate with no surcharge in 2027

Appointment dates must be between
10/1/2025 - 9/30/2026

Questions? Contact:

Wellness@mhd.com



Currently enrolled

Steps to complete:



Complete **an annual physical with biometric labs** with your healthcare provider.



Complete 1 approved **preventive care-based wellness activity** from the list.



Confirm your completion status in Workday **by 5 p.m. on Sept. 30, 2026.**

No surcharge on 2027 MHS medical plan premiums.

Annual Physical and Preventive Care Auto-Credit Process

Visits classified as an annual physical or preventive care visit will receive an automatic credit approximately 45 to 60 days after the insurance carrier processes the claim. For the 2026 program year, appointments conducted between August 1, 2025, and September 30, 2026, will contribute to the 2026 Annual Wellness Action Plan. Looking ahead to next year, only visits completed from October 1, 2026, to September 30, 2027, will be eligible.

2026 Annual Wellness Action Plan

Deadline:

 September 30, 2026

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For **new hires or status change employees** who enroll in an MHS medical plan with United Healthcare with a medical plan start date between **10/1/2025 - 9/30/2026**, to qualify for the base premium rate with no surcharge in 2027

All steps must be completed between
10/1/2025 - 9/30/2026

Questions? Contact:

Wellness@mhd.com



New hires/status change

Steps to complete:



Complete biometric labs with Employee Health **within 30 days** of your hire or status change date.



Complete the **Wellness Survey in Workday upon enrolling in benefits.**



Confirm your completion status in Workday **by 5 p.m. on Sept. 30, 2026.**

No surcharge on 2027 MHS medical plan premiums.

Annual Physical and Preventive Care Auto-Credit Process

Visits classified as an annual physical or preventive care visit will receive an automatic credit approximately 45 to 60 days after the insurance carrier processes the claim. For the 2026 program year, appointments conducted between August 1, 2025, and September 30, 2026, will contribute to the 2026 Annual Wellness Action Plan. Looking ahead to next year, only visits completed from October 1, 2026, to September 30, 2027, will be eligible.