

My Wellness FAQs

My Wellness

How can I enroll in the My Wellness program?

1. New users will select 'Register for a new account'
2. Enter the code 'marquette'
3. Create an account (create username and password of your choice)
4. On the following page employees will enter their MU ID • Spouses will enter the employee's MU ID + S + DOB (DOB = spouse's DOB in format dd/mm/yyyy)
5. Select the 'My Wellness' tile on the homepage to enroll in the program.

Can my spouse who is not Marquette faculty or staff participate?

Yes, your spouse can participate.

What if I am not on a Marquette sponsored health plan, can I still participate?

Yes, you and your spouse can still participate. However, neither you nor your spouse can earn Marquette contributions toward your FSA or HSA.

How do I earn my FSA/HSA contribution from Marquette University?

Employees and spouses of employees on a Marquette University sponsored health plan will have from the first weekday in October through the last weekday in September to earn up to 400 points through the Marquee Health wellness portal. This portal operates on a points and levels system, allowing you to earn points for engaging in wellness activities of your choice. Wellness activities that are offered at Marquette University are also included in the portal, so you can now earn points for participating in activities on campus such as taking a class through the GROW program, a group fitness or meditation class, financial wellness classes, and getting your flu shot or dental/eye exams. Please see the Program Overview link, My Wellness tile or the Rewards tab or for more detailed information.

I don't see any requirements for taking the Biometric Screening or the Health Risk Assessment (HRA). In the past, I've earned points toward my wellness rewards for participating in both programs.

The on-campus biometric screening is not a requirement. However, having a biometric screening is an important part of understanding your health risks and should be included as part of your annual physical exam. Please talk with your Primary Care Provider (PCP) about ordering this test. The results of your biometric screening can be used to complete the online HRA. While completing the HRA is not a requirement, it is a voluntary activity to earn a high-point reward toward a wellness incentive.

If I am not able to participate in certain aspects of the program due to a medical condition, what should I do?

Rewards for participating in Marquette University's wellness program are available to all employees. If you think you might be unable to meet a standard for earning points under this wellness program, you can complete the Alternative Standard Waiver available on the Employee Wellness home page. You may

qualify for an opportunity to earn the same reward by different means, or to have the requirement waived with a provider's signature.

How do I enter my steps into the My Wellness portal?

To manually enter daily steps:

1. Click on the 'Rewards' tile on the homepage of your portal.
2. Click on this activity and select the day you wish to log your activity within the 'Log Date' navigate bar. Select the '8,000 Steps or More' option and click 'Save'.

To sync a compatible fitness device for automatic uploads:

1. In the 'Rewards' page on mymarqueehealth.com, click the 'Profile' button in the Challenge Log toolbar.
2. Click the Sync Device button in the My Progress tab.
3. Use the drop-down list of Activity Trackers and select your personal device.
4. Click Authorize. You may need to disable your pop-up blocker.
5. Log in to your fitness device's website and authorize your device to be connected.
6. Click Save on your Profile.
7. The initial sync will take 24-48 hours to connect. Manually tracking activity for the first 48 hours is recommended.

How is my data protected with Marquee Health?

Marquee Health, LLC ("Marquee Health" or Marquee Health") is committed to protect all personal and private information in accordance with any and all applicable laws, regulations and standards, including, without limitation, any standards established in the United States under the Health Insurance Portability and Accountability Act (HIPAA). Our privacy policy is designed to protect the privacy of individuals. It explains what information we collect from visitors to this site during the duration of our relationship, how we use that information, and how visitors can update and verify the uses of the information provided on this site. To read the full privacy policy visit the My Wellness portal and click on the Program Document tile or view the Marquee Health Privacy FAQs document on the Employee Wellness home page.

Is there a mobile app?

Yes. The My Wellness portal can be accessed via your desktop/laptop computer or via a mobile app on your smartphone. There is a QR code in the mobile app flyer on the Employee Wellness home page or search for the My Wellness portal within your App store to download.

How do I self-report activities like taking GROW classes and Financial Wellness Classes, using the Employee Assistance Program (EAP), attending counseling sessions, and having my regular eye and dental exams?

Click the Rewards tab at Marquette.mywellportal.com. Find the appropriate reward and change the dial from 'No' to 'Yes', enter the name of the event in the Notes section and click 'Save' to see your points update. For additional information and instructions on how to track multiple occurrences of activities, see the "How to Track Multiple Activities" link on the Employee Wellness website.