

2019 Wellness Incentive

By completing the activities below and by not being a tobacco user, you can save **\$1,690** in 2019!

Activity To Do	Who Needs To Do It	Date To Complete	Credit Back To Paycheck	Amount Of Credit	Total \$ Saved
Enroll for Medical Insurance	Employee	11/17/18	January (checks 1-2)	\$25 per pay (2 pays)	\$50
Personal Health Assessment	Employee and Spouse	11/1/18 – 1/23/19	February – April (checks 3-8)	\$25 per pay (6 pays)	\$150
Biometric Screening	Employee and Spouse	10/16/18 – 2/28/19	April – July (checks 9-14)	\$25 per pay (6 pays)	\$150
Hg A1C test/Health Coaching	Employee with 3 or more risk factors from biometric screening	1/1/19 – 6/14/19	July – September (checks 15-20)	\$25 per pay (6 pays)	\$150
Be Fit Challenge	Employee	July – August 2019	September – December (checks 21-26)	\$25 per pay (6 pays)	\$150
					TOTAL: \$650

Activity To Do	Who Needs To Do It	Date To Complete	Credit Back To Paycheck	Amount Of Credit	Total \$ Saved
Remain Tobacco Free	Employee and Spouse	Tested at biometric screening or retrieved from Ready Set if hired in 2018	All year (checks 1-26)	\$40 per pay (26 pays)	\$1,040

Our health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all benefits eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by a different means. Contact us at 614-355-4149, and we will work with you and, if you wish, with your doctor to find an alternative with the same reward that is right for you in light of your health status.

