

2024 WELLNESS CALENDAR

JANUARY

EDUCATION SESSION

New Year Resolution Tips



5pts one-time

FEBRUARY

EDUCATION SESSION

Healthy Heart Education



5pts one-time

MARCH

EDUCATION SESSION

Regulating Blood Sugars



5pts one-time

APRIL

04/01 - 05/24
7 weeks

MAY

STEP CHALLENGE



Team Challenge: 3-4 people
Race to the Indy 500: 140 miles

OR

Individual Challenge
Complete 8,000 steps per day

1pt per successful day of 8k steps (54pts max)

JUNE

EDUCATION SESSION

Keeping a Health Mind



5pts one-time

JULY

EDUCATION SESSION

Stress Education



5pts one-time

AUGUST

HYDRATION CHALLENGE

Drink 64 ounces of
water each day

1pt per day (30pts max)

SEPTEMBER

EDUCATION SESSION

Bone & Joint Education



5pts one-time

OCTOBER

EXERCISE CHALLENGE

Complete 20 mins of
exercise each day

1pt per day (31pts max)

NOVEMBER

EDUCATION SESSION

Managing Cholesterol



5pts one-time

DECEMBER

EDUCATION SESSION

Exercising at Home



5pts one-time

REWARDS

If you earn 100 points or more within the Wellness Program, you will receive the wellness incentive for the following plan year.

WELLNESS INCENTIVE

- \$10 per pay for 24 pays to offset health premiums
- \$100 in health waiver (reduced to \$50 if incentive is not earned)

HOW TO EARN POINTS

In addition to the opportunities listed below, you may earn points by participating in wellness challenges each month. Please see the 2024 Wellness Calendar for the list of monthly activities.

Fitness Center Check-in (30mins minimum)	10pts per visit
Fitness Class: Instructor-led Workout	20pts per visit
Fitness Tracker: Self-led Workout (30mins minimum)	10 pts per visit
Weight Loss Program Visit	20pts per visit
Annual Primary Care Provider Visit	40pts per visit

AGE APPROPRIATE SCREENINGS

Colonoscopy	10pts one-time
Dermatology	10pts one-time
Bone Density	10pts one-time
Mammogram	10pts one-time
Prostate	10pts one-time
GYN Annual Visit	10pts one-time
Vision Exam	10pts one-time
Dental Exam	10pts (20pts max)
Flu Shot	10pts one-time
COVID Booster	10pts
Personal Health Assessment with Tobacco Affidavit	40pts one-time
Tobacco Cessation Program: Completion	40pts

Points must be obtained between the dates of January 1, 2024 and December 31, 2024.
Points will be awarded for the January 1, 2025 benefit year.