

Wellness Program

Beginning January 1, 2024, we are enhancing our wellness program. The new program is designed to promote and incentivize healthy behaviors among our employees. The program is open to all regular employees, regardless of their enrollment status in the company's health insurance plan.

Studies show that participating in a wellness program can help improve your overall health by:

- ✓ Giving you an understanding of your personal health indicators
- ✓ Facilitating your taking the initiative to lower their risk of developing chronic conditions
- ✓ Helping you better manage chronic conditions you have

By participating in wellness activities, employees will earn \$100 per activity up to \$300. Elements of the program include biometric screening, preventive examinations, and chronic condition management program.



Biometric Screening

Biometric screenings typically include measurements like blood pressure, cholesterol levels, body mass index (BMI), and glucose levels to assess various health risks.

Biometric screenings can be completed on campus, through Quest Diagnostics, or by your personal physician. Campus screening schedule will be published by the end of January.



Preventive Examinations

Preventive health screenings involve a range of exams or assessments aimed at identifying potential health issues before symptoms appear.

You may visit your doctor, dentist, or other specialist to complete a physical exam, dental exam, mammogram, colonoscopy, or other preventive screening.



Chronic Condition Management

Chronic condition management is a comprehensive, personalized strategy designed to help individuals effectively manage and cope with long-term health conditions.

Elite Wellness will manage our chronic condition program and tailor wellness plans for the specific needs of each individual.

Please note that this program is completely voluntary. All wellness activities must be completed within the 2024 calendar year. Employees must be actively employed to receive the award payouts. Awards will be processed via payroll.

More details on how to participate will be provided in January.