



# 2025 Wellness Program Checklist

The 2025 Wellness Program requirements must be completed and turned into Nurse Stephanie between **11/1/24** & **10/31/25**.

Spouses who are on Will-Burt's insurance plan must complete the same requirements listed below in order to receive the wellness credit.

## Stage 1 (Required Yearly)

Physical: \_\_\_\_\_

Labs/Biometrics (must pass 3 out of 5): \_\_\_\_\_

(BMI:  $\leq 30$ ; Waist Circumference: Men:  $\leq 40$ " ; Women:  $\leq 35$ " ;  
Total Cholesterol:  $\leq 200$ ; Triglycerides:  $\leq 200$ ; Glucose:  $\leq 100$ ; HbA1c: 4-5.6%; BP:  $\leq 140/90$ )

## Stage 2 (Complete 2)

Preventative Behavior #1: \_\_\_\_\_

Preventative Behavior #2: \_\_\_\_\_

## Stage 3 (Complete 3)

Wellness Behavior #1: \_\_\_\_\_

Wellness Behavior #2: \_\_\_\_\_

Wellness Behavior #3: \_\_\_\_\_