



2024 Wellness Program

Owner/Spouse Checklist

The 2024 Wellness Program requirements must be completed and turned into Nurse Stephanie between 12/1/2023 & 10/31/2024.

Spouses who are on the plan must also complete the requirements to receive credits.

REQUIRED

- Physical:
- Labs/Biometrics:
 - BMI: < 30 or Waist Circumference: Men: ≤ 40", Women ≤ 35"
 - Total Cholesterol: ≤ 200
 - Triglycerides: ≤ 200
 - Fasting Glucose: ≤ 100 or HbA1c: 4 – 5.6%
 - BP: < 140/90

COMPLETE 2

Preventative Behaviors:

- | | | |
|---|---|---|
| Dental Exam: <input type="checkbox"/> | Vision Exam: <input type="checkbox"/> | Mammogram: <input type="checkbox"/> |
| PAP Test: <input type="checkbox"/> | Flu Vaccine*: <input type="checkbox"/> | Shingles Vaccine*: <input type="checkbox"/> |
| COVID-19 Vaccine/Booster*: <input type="checkbox"/> | Colonoscopy: <input type="checkbox"/> | |
| Skin Cancer Screening: <input type="checkbox"/> | Bio/Lab Value improvements: <input type="checkbox"/> | |
| Weight Loss: <input type="checkbox"/> | Lung Cancer Screening – Tobacco Users**: <input type="checkbox"/> | |

**Vaccines & Boosters must be administered between 12/1/23 & 10/31/24*

COMPLETE 3

Wellness Behaviors:

- Donate Blood: Complete a Race, Walk or Sports League:
- Complete a Will-Burt Fitness Challenge or Walk:
- Participate/Complete the 2023 Will-Burt Health Fair:
- Complete 2 Online Wellness Presentations*:
- Complete 4 Online Newsletters/Quizzes*:

**Wellness Presentations, Newsletters/Quizzes can be found at www.brittongallagher.com/wbwellness*

Completion of the 2024 Program qualifies you for a bi-weekly credit of \$70 (\$1820 per year) in 2025.

Non-Nicotine users qualify for a bi-weekly credit of \$70 (\$1820 per year) in 2025.

**Nicotine users must complete a cessation class or stop using all together in order to qualify for the bi-weekly credit.

Please contact Nurse Stephanie for your options.