

# 2017 Wellness Program Employee Checklist

**WHO:** Insured County Employees (**YOU**)

**WHAT:** Complete your wellness assessment and preventative exam & complete **at least 3** activity programs & earn **\$200.00** dollars!

**WHEN:** January 1, 2017 thru October 31, 2017.

## HOW:

- REGISTER/LOGIN TO **WELLMARK.COM** AND GO TO THE WELLNESS CENTER
- TAKE YOUR WELLNESS ASSESSMENT IN THE **WELLMARK WELLNESS CENTER**
- SCHEDULE & ATTEND YOUR PREVENTATIVE EXAM
  - Annual Preventive Physical, Mammogram, Colonoscopy, Prostate Exam, Zoster vaccine, Gynecological/Pap smear exam
- SELF REPORT YOUR PREVENTIVE EXAM
  - Login to your wellness center, click the reward tab on the home page, click “I did this” for preventive exam and enter your exam date. A green check mark will appear. To receive reward ask your provider to mark your claim as routine/preventive.
- EARN **\$50.00 FOR ASSESSMENT & EXAM**
- EARN **\$50.00 FOR EACH COMPLETED ACTIVITY PROGRAM (UP TO \$150.00)**

GIFT CARDS ARE DISTRIBUTED AS YOU EARN THEM FOR THE ACTIVITY PROGRAMS

**CURRENTLY OUR AVERAGE POINT PER EMPLOYEE IS 2.99**

**January 1 through October 1, 2017** Note: we have 87 employees currently on county insurance

Wellness assessments completed	<b>59</b>
Preventive exams completed	<b>34</b>
Both preventive and Assessments completed	<b>31</b>
Average Points per employee now	<b>2.99</b>

### Points needed to get discount

2 per employee	2%
2.5 per employee	3%
3 per employee	4%
3.5 per employee	5%

Contact your Wellness Committee or Wellmark Wellness Center Help Desk (877-252-8412), for questions or additional information.