

# WELLNESS UPDATE

07/18/23



## Active & Fit Direct:

- ❖ Discounted Gym Memberships
- ❖ \$28 for standard network
- ❖ No contracts, no annual fee, cancel anytime

## Bexa Exams:

- ❖ July 17 – 21
- ❖ Open to all employees
- ❖ Open to spouses on medical plan.

# COMING SOON!

## Open Enrollment

- ❖ September 25th –October 6th
- ❖ Active Enrollment
- ❖ Elect Benefits for 2024
- ❖ Multi-pronged communication

## Benefit Fair

- ❖ September 27<sup>th</sup>
- ❖ Register for a Meal Pass
- ❖ Great activities
- ❖ Information on Benefits Portal

# Benefits Expo and Open Enrollment on Benefits Portal

Important dates:

**Benefits and Health Expo In-person: Sept 27th, 2023**

**Open Enrollment Period: September 25th through October 6th, 2023**

**Links will be activated closer to the event in 2023**

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We offer many activities and health screenings at our Benefits and Health Expo. Each activity that you would like to participate in requires you to register. Appointment times are limited and may go fast.

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Register for your meal pass at the Expo! Your meal pass includes:

- Entrance to the event
- Free Meal
- Swag bag items
- Free Refreshments

Registration

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Register for each activity you want to participate in!

Blood Mobile

Gentle Yoga (standing series, no mat needed)!

Dexa Scan (Body Scan)

Flu Shot

Chair Massage

Bexa (Breast Exam)

## Resources

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***Benefits Service Center Support Line: 855-714-2816***

***Monday - Friday, 7:00 a.m. - 7:00 p.m. - Central Time***

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**WILCO BENEFITS TEAM: 512-943-1533 or [benefitsteam@wilco.org](mailto:benefitsteam@wilco.org)**

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[2023 Benefit Guide](#)

[2023 Employee Monthly Rates](#)

[2023 Retiree Monthly Rates](#)