

WELLNESS UPDATE

08/29/2023



Benefit Health Expo 9/27

- ❖ Theme: The Future of Your Health
- ❖ Open to all employees/spouses
- ❖ We ask Leadership to encourage attendance
- ❖ Registration link for the Meal Pass is located on Benefit Portal, Company Info, Benefits Expo/OE tab
- ❖ Last day to Register: 9/11
- ❖ Meal Pass includes:
 - ✓ Attendance to Event
 - ✓ Free Meal & Refreshments
 - ✓ Swag Bag

MORE INFORMATION

- ❖ Activities require pre-registration
- ❖ Register for each activity that you want to participate in
- ❖ Spots are limited
- ❖ Located on the Benefits Portal
- ❖ Yoga (morning only)
- ❖ Flu Shots
- ❖ Bexa Scan
- ❖ Dexa Body Scan
- ❖ Chair Massage
- ❖ Blood Mobile

WELLNESS ACTIONS



- ❖ Health Survey
- ❖ Wellness Exam
- ❖ Biometric Screening Form
- ❖ All items available in the Virgin Pulse system

- ❖ Must be show as complete in the Virgin Pulse system by end of day 12/15/23
- ❖ Both Employee and their covered spouse must complete