

WELLNESS UPDATE

01/09/234



New for 2024 Wellness Action items!

- ❖ The Williamson County Wellness Action Items have been updated to offer more flexibility and options.
- ❖ You may choose to reach 10,000 points for the year by the following options:
 - Complete the 3 wellness action items as usual (Health Check Survey, Wellness Exam and Biometric Screening form)
 - OR
 - Combine action items and activity points in the Virgin Pulse system to reach the 10,000-point level

WELLNESS UPDATE CONTINUED

Wellness Action Items

- ❖ For either option, you will want to have items complete as early in the year as possible to avoid issues with the deadline.
- ❖ All action items must be completed and turned into the Virgin Pulse system no later than 12/1/2024.
- ❖ There are no exceptions, extensions, grace periods or appeals for missing the deadline. Any one not reaching the 10,000 points by picking an option will lose the discounted medical premium rate for 2025.

WELLNESS UPDATE CONTINUED

2024 Massage Reimbursement

- ❖ Form for submissions will be open soon!
- ❖ Email Communication will be sent out with instructions

Gym Membership Discounts

- ❖ Wilco Medical plans have One Pass Select available now!
- ❖ All Full and Part time employees have access to Active&Fit Direct