

# WELLNESS UPDATE

03/05/2024



## March is National Nutrition Month

- ❖ Virgin Pulse has several nutrition options including Journeys, a Nutrition Guide section, and short videos showing recipes and healthy eating information
- ❖ Real Appeal is available to all Wilco Medical Plans at no cost
- ❖ Check out our article on Wilco SharePoint page for more resources
- ❖ FSA Accounts Run Out Period: Expenses must be remitted online in your myuhc.com account before 3/31/2024
- ❖ Expenses must have been incurred between 1/1/2023 - 12/31/23

# ~ WELLNESS ACTIONS/POINTS ~ 272 DAYS REMAINING!



- ❖ Must show as complete in the Virgin Pulse system by end of day 12/01/24
- ❖ Schedule appointments now!
- ❖ Points awarded for actions and activities on the platform
- ❖ No items will be accepted after the deadline
- ❖ No items accepted outside of the system
- ❖ NO EXCEPTIONS WILL BE MADE