WELLNESS UPDATE

04/09/2024



April is Longevity Awareness Month

❖ Join TCDRS as we host speakers that educate consumers about credit, debt, their rights, responsibilities, protections and safeguards against abusive and deceptive lending practices.

Financial Fitness

April 10, 12:00–1:00 p.m.

Understanding Credit

April 17, 12:00-1:00 p.m.

Debt & Borrowing

April 24, 12:00-1:00 p.m.

- Wellness Actions <u>must show</u> as complete in the Virgin Pulse system no later than 12/01/24
- Must either complete the 3 actions (Health Survey, Wellness Exam, Biometric Form) or reach 10,000 points
- No exceptions for missing items or not reaching the point level
- Bringing Biometrics and exam to Wilco work sites

WILCO WELL CARE: ONSITE WELLNESS



- * Healthcare is changing at a rapid pace, we have worked on alternative solutions
- We have partnered with several vendors to bring screenings on site throughout the year
- *Bexa Breast Screenings will be back this year (239 scans in 2023); watch for communication with registration links!
- *Bringing screenings on site provides access to care, ease of use, and continuity of care for members

Harbor Health





Clay Johnston

Founder & Chief Medical Officer

Inaugural Dean, University of Texas Dell Medical School



Healthcare services, optimized for quality, cost, and patient experience



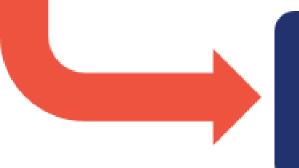
Tony Miller

Founder & Chief Executive Officer

Founder & CEO, Bind Benefits Sold to United Health Group

bind

Thirty years of innovation in insurance and benefit design



Harbor Health



Combining high-value services with a benefit design that supports clinical recommendations



We operate with a full Health Team model:



