

# 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 must show 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



**Thirty years of innovation in  
insurance and benefit design**



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





# We operate with a full Health Team model:



