

# WELLNESS UPDATE

05/07/2024

## May is Women's Health Month



- ❖ Bexa Breast Exams are on-going through June at limited locations
- ❖ All Wilco employees (full and part time) are eligible for scan regardless of insurance
- ❖ Spouses covered on a Wilco medical plan also eligible
- ❖ Link has been shared through emails
- ❖ 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
- ❖ 209 days remaining, don't delay!



# WILCO WELL CARE: ONSITE WELLNESS

- ❖ On-site Wellness Exams and Biometric Screenings available
- ❖ All employees and spouses covered on a Wilco Medical Plan are eligible
- ❖ Get all your wellness actions completed in a 20-minute appointment
- ❖ Does not interfere with any other medical care
- ❖ Benefits Team member will be on-site to assist with Virgin Pulse