

WELLNESS UPDATE

08/06/2024



Key Dates: Wilco Well Care: On-Site Wellness Screenings

❖ Benefit Fair Date - 9/25/2024

- Registration Link will be released today, all attendees must register including spouses

❖ Bexa Breast Exams

- 220 Exams completed as of June
- Future exams will be available at the upcoming Benefits Fair
- All Wilco Employees (Full and Part time) eligible
- Spouses covered under a medical plan also eligible

❖ Harbor Health Biometric Screening

- 538 Exams Completed those enrolled in a Wilco Medical Plan

❖ Engagement in Virgin Pulse 18% overall increase from YTD 2023

- 764 Completed Biometrics Total – (35%)
- 916 Completed Health Surveys T - (44%)
- 697 to date Completed 10k points or wellness actions

WELLNESS ACTIONS:

- ❖ Deadline for all items to show as complete in the Virgin Pulse system is 12/01/24
- May choose to do the 3 action items or get points within the system
- Complete early to avoid stress and issues!
- 118 days remaining

