

# WELLNESS UPDATE

01/14/2025

## January focus is Overall Health



- ❖ Wellness Actions must show as complete in the Virgin Pulse system no later than 12/01/25
- ❖ Must either complete the 3 actions (Health Survey, Wellness Exam, Biometric Form) or reach 30,000 points
- ❖ No exceptions for missing items or not reaching the point level
- ❖ Encourage employees to get items done early in the year
- ❖ SmartDollar is now live; Great tool for all your financial goals
- ❖ Free for all full-time employees
- ❖ Link was sent in email on January 6<sup>th</sup> and can also be found on your benefits portal
- ❖ Employee Survey is live, email sent on January 13<sup>th</sup>

# WILCO WELL CARE: ONSITE WELLNESS

- ❖ On-site Wellness Screenings will return for 2025
- ❖ We will be offering the Bexa, Dexa, and Harbor Health for wellness exams, starting in April
- ❖ Emails will be sent with more scheduling information
- ❖ Department Leaders also will have an opportunity to schedule various vendors and opportunities in their department
- ❖ Please contact the benefits team for more information
- ❖ Please join our Personify movement challenge that will kick off on January 20<sup>th</sup>!