

WELLNESS UPDATE

03/25/2025

March 2025 Updates



- ❖ Wellness Actions must show as complete in the Personify Health 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
- ❖ We encourage employees to get items done early in the year

WILCO WELL CARE: ONSITE WELLNESS

- ❖ On-site Wellness Screenings will return for 2025
- ❖ We will be offering Bexa, Dexa, and Harbor Health for wellness exams
Emails have been sent to employees, leadership and wellness leaders with more scheduling information
- ❖ Department Leaders may schedule wellness activities, e.g. yoga class, Benefit Plan/Wellness Program education, or other topics such as Stress Management.
- ❖ Please contact the benefits team for more information

NEW PROGRAMS

- ❖ Total Health Population through Personify – Offers Coaching on a variety of topics and needs
- ❖ SmartDollar - Financial well-being program offering help on any financial goal, also offers free coaching, free tax and will preparation, and more.
- ❖ Both programs give points in the Personify Health System