

Wellness Program

Eligibility Requirements

Eligibility will be re-evaluated at the end of each quarter. Those team members and spouses who have used Tobacco and/or Nicotine will need to enroll in a prevention program to receive the discount. **If you and/or your spouse did not meet the quarters eligibility requirements, you and/or your spouse will no longer receive the discounts for the rest of the year. July 2026 will be the next opportunity to participate and receive the discount again.**

****Get an Annual Physical and [get a Golden Ticket into the Wellness Grand Prize Drawing](#). See Wellness Check Sheet if enrolled on Health or Annual Physical if not enrolled on Health Insurance for full details & dates.**

April – June

Complete Quarterly Wellness Challenge – Hiking

- Or -

Earn 20 Healthy Living Points and turn tracking sheet into HR by June 30th.

- And -

For TM's who lost the discount last year because they didn't register on MotivHealth and/or complete MotivUniversity(MotivU) will need to complete what was missing and **turn in screen shots** by June 30th **in addition to other requirements** to get discount back July 1st.

In addition for those team members and/or spouses who use **Tobacco and/or Nicotine**, turn into HR by June 30th Tobacco and/or Nicotine Reporting sheet.

New Team Members & spouses eligible this quarter will also need to register on MotivHealth, complete MotivUniversity(MotivU) and **turn in screen shot** by June 30th.

July – September – Additional Requirement this quarter

Complete Preventative Wellness Check and submit Wellness Check Sheet by September 30th.

Submit image of signed Wellness Check Sheet through QR Code Link on form and keep original signed copy for your records to refer back to if needed.

- And -

Complete Quarterly Wellness Challenge – 2 New Challenges -To Be Announced

- Or -

Earn 20 Healthy Living Points and turn tracking sheet into HR by September 30th.

In addition for those team members and/or spouses who use **Tobacco and/or Nicotine**, turn into HR by September 30th Tobacco and/or Nicotine Reporting sheet.

New Team Members & spouses eligible this quarter will also need to register on MotivHealth, complete MotivUniversity(MotivU) and **turn in screen shot** by Sept. 30th.

October - December

Complete Quarterly Wellness Challenge – Department Challenge & Squatober

- Or -

Earn 20 Healthy Living Points and turn tracking sheet into HR by December 31st.

In addition for those team members and/or spouses who use **Tobacco and/or Nicotine**, turn into HR by December 31st Tobacco and/or Nicotine Reporting sheet.

New Team Members & spouses eligible this quarter will also need to register on MotivHealth, complete MotivUniversity(MotivU) and **turn in screen shot** by Dec. 31st.

January – March

Complete Quarterly Wellness Challenge – Good nights Sleep & Biggest Loser

- Or -

Earn 20 Healthy Living Points and turn tracking sheet into HR by March 31st.

In addition for those team members and/or spouses who use **Tobacco and/or Nicotine**, turn into HR by March 31st Tobacco and/or Nicotine Reporting sheet.

New Team Members & spouses eligible this quarter will also need to register on MotivHealth, complete MotivUniversity(MotivU) and **turn in screen shot** by March 31st.

****If you lost the discount sometime during the year, you will have a one-time chance to get the discount back by completing a designated Wellness Challenge. See HR for details on how to do this. ****

Wellness Grand Prize

Prize is your choice of:

1-Credit for a BlvdHome purchase

2-Multiple nights at our Hotels or Hotel Brands

3-Gift Card of your choice

**BldvHome
Team Member**

\$500 & \$250

**Wittwer Hospitality
Team Member**

\$500 & \$250

All Full-Time & Part-Time BlvdHome & Wittwer Hospitality
Team Members are eligible to *win!*

How to qualify & get 3 Drawing Slips for Grand Prize Drawing:

1st Drawing Slip- Complete a total of 3 Challenges over 3 different quarters.

These challenges also will have *multiple prize drawings* each quarter and a participation prize for those who complete them.

OR

Submit paper of Annual Physical (Do not have to be on Company's Health Plan to do this. For those on Health plan, you can do this option when you see your doctor for the Preventive Wellness Check. See HR with any questions.)

2nd Drawing Slip- Complete the 4th Challenge in a different quarter as initial 3 challenges for your 1st slip.

3rd Drawing Slip- Submit paper of Annual Physical for "*Golden Ticket*". If this option was used without doing 3 challenges, cannot be counted for 3rd slip. (Do not have to be on Company's Health Plan to do this. See HR with any questions.)

The Fine Print

Spouses enrolled in the Health Insurance are *also eligible* for all 3 drawing slips listed above. Must be employed by BlvdHome/Wittwer Hospitality on day of drawing.

Drawing will be held in June 2026!

Preventative Wellness Check



Important things to know before your visit for July – September Qtr:

- Preventative Wellness Checks are only covered 100% once every 12 months Call MotivHealth to find out when your last preventative check/preventative blood work was if you are not sure.
- Call to make your appointment the first part of July, so you don't run into scheduling issues if your doctor isn't able to get you in for a month.
- If you need help finding a primary care provider you can search for providers on MotivHealth, call into MotivHealth for assistance, or contact HR and we can show you how to search for one.
- If you had a Wellness Check or Physical within the past 12 months, contact HR.

At the beginning of your visit, have your doctor initial which type of visit you would like to have:

- A** - Preventative Wellness Check only – Free Services Only
(Ex: Blood pressure, Pulse, Total Cholesterol, LDL, HDL, Triglycerides, Height, Weight)
- B** - Preventative Wellness Check: But wants to discuss results, action plan, possible prescriptions which will NOT be a free visit
- C** - Annual Physical – Not Free and may include additional charges for tests
(This will get you a Golden Ticket into the Grand Prize Wellness Drawing)

To be completed by Healthcare Provider at end of visit:

Patient Name: _____

Agreed on Visit Type: A B C

Doctor's Name(printed): _____

Doctor's Signature: _____ Date: _____

Facility: _____ Phone #: _____

After your visit:



Take picture of this page once you have met with your doctor, and upload image to HR via this QR Code.

Due by September 30th



Team Member to keep this page for their records.

- * Earn 20 points each quarter and earn a \$25 per-paycheck discount on your next quarters health insurance premium.
- * Return the tracking sheet to your Hotel GM or HR by the last day of each quarter: June 30th, Sept 30th, Dec 31st and March 31st

Activities / Programs

- 20 pts – Completion of the Company Wellness Challenge
- 20 pts – Completion of Weight Management Program (at least 8 weeks) – an organization program that focuses on a healthy and balanced diet.
- 20 pts – Lose 5% of your body weight

Physical Activity

- Only 1 in this category can count each qtr.**
- 20 pts – Participation in an organized event such as ½ marathon, marathon, tri (Olympic/Sprint), ½ tri
- 10 pts – Complete and track an “ING” – walking, running, jogging, biking, hiking, dancing, swimming. Can include a sport that involves running, a 5k or organized run or walk. (12 ING’s per month)
- 10 pts – Gym membership or home gym (12 times per month)
- 10 pts – Misc. Activity equaling 30 combine hours of physical strenuous farming, mowing, digging, chopping wood, etc.

Nutritional Activities

- Only 1 in this category can count each qtr.**
- 10 pts – No soda for one month
- 10 pts – No fast food for one month
- 10 pts – Bring your lunch 3 times a week for a month
- 10 pts – 5-a-day fruits & veggies 5 times a week for one month
- 10 pts – 64 oz of water 5 days a week for one month

Community Activities

- Only 1 in this category can count each qtr.**
- 5 pts – Participation in a community walk such as a neighborhood/private fundraiser or school event
- 5 pts – Donate blood (not plasma)
- 5 pts – Volunteer in local community

Preventive Care

- Only 1 in this category can count each qtr.**
- 20 pts – Full annual physical with labs (note: this will incur costs, see HR with any questions. New Dr.’s form will be required to get the Golden Ticket for the Grand Prize.)
- 15 pts – Preventive care screening such as mammogram, colonoscopy, pap smear, prostate screening (1 screening, each type annually)
- 10 pts – Dental routine cleaning exam

Stress Management Activities

- Only 1 in this category can count each qtr.**
- 10 pts – Attend a class or seminar on a Stress Management topic.
- 10 pts – Try different methods of relaxing and quiet the mind such as meditation, visualization, stretching, reading and deep breathing for 20-30 minutes a day (12 times per month)
- 10 pts – To help you reduce stress, read a book on Mental Health, Finances, Marriage, Stress Management
- 5 pts – Participate in a yoga class
- 5 pts – Get a least 7-8 hours of sleep per night for one week.
- 5 pts – Cut Screen Time (phone/TV/Social Media) in half for 1 week straight.

Healthy Living Points Tracking Sheet

Report 20 points each quarter

Name _____

Activity _____

Date Completed _____ # of Points _____

How did this experience help your health improve?

Activity _____ # of Points _____

Date Completed _____

How did this experience help your health improve?

Activity _____ # of Points _____

Date Completed _____

How did this experience help your health improve?

Activity _____ # of Points _____

Date Completed _____

How did this experience help your health improve?

Wittwer
Hospitality
English



Spanish



BlvdHome
English



Spanish



Electronic Form
QR Codes

Return to your Hotel GM or HR by the last day of each quarter. Circle appropriate quarter: June 30th - Sept 30th - Dec 31st - March 31st

Tobacco & Nicotine Reporting Sheet

Wellness Program 2025-2026



Electronic Forms



BlvdHome

Purpose:

The health and wellness of BlvdHome and Wittwer Hospitality team members is very important to the company. Tobacco use is the #1 cause of preventable death and has adverse effects to many different aspects of ones' health. Nicotine used in e-cigs and vapes has also been proven to be dangerous. When health issues arise due to using these products, the company health plan costs increase greatly, and the lives of those affected become difficult. In an effort to help team members that are interested to change their habits, we have developed the following program.

Definition of Tobacco & Nicotine Use:

If you have used tobacco and/or nicotine products **in the last 3 months**(previous quarter), you are considered a user. **These include** cigarettes, cigars, pipe tobacco, chewing tobacco, dip, snuff, electronic nicotine delivery systems, vaporizers, electronic-cigarettes, etc.

Eligibility Requirements:

Those team members and spouses enrolled on the medical plan will need to specify during the enrollment process if they use Tobacco and/or Nicotine. The website only states Tobacco, but Nicotine use is to be included. This information is given "on your honor", however, **if you are not forthcoming in your use**, privileges for the discount may be taken away.

To receive the \$50 or \$100 Wellness Discount those who use Tobacco and/or Nicotine will need to enroll in a prevention program of their choosing in addition to the other wellness requirements. There are **several different FREE programs** you can enroll in for this credit. **For example:** Utah.quitnet.com, 1-800-quit-now, smokefree.gov, working with your doctor or any other program you would like to participate in.

During the year if you successfully quit using Tobacco and/or Nicotine for a 3 month period(previous quarter) you will no longer need to be enrolled in a prevention program once you have notified HR. **If you quit, then begin using it again during the year**, you will need to let HR know immediately and begin enrollment in a prevention program, or you may lose your privileges of the monthly discount.

Each quarter those who use Tobacco and/or Nicotine (Team Members and/or spouses enrolled on the medical plan) will need to fill out and return the bottom portion of this sheet to HR by the end of each quarter. If you do not turn this sheet in by the end of the quarter, you will not be eligible to receive the wellness discount until July 1, 2026.



Name: _____ Quarter: _____

What program are you enrolled in? _____

How has this program helped you? _____

Registration on MotivHealth & Completing MotivUniversity

In order to receive your monthly Wellness Discount NEW Team Members and Spouses enrolled on the Health Insurance or those who may not have completed all of these requirements during the 2024-2025 plan year will need to:

- 1- Register on MotivHealth – Spouses will have their own login
- 2- Complete MotivUniversity(MotivU) on MotivHealth’s website(Team Members & Spouses). Once this training course is completed MotivHealth will deposit \$50 into your HSA account. This course is important for ALL those enrolled to complete as you will learn about several ways you can save money when needing MRI’s, CT Scans, Surgery’s, Colonoscopy’s, or expensive prescriptions.

If you did not complete this requirement during your first quarter on the health plan (or April-June for those who signed up new during Open Enrollment), you will have a chance to get the discount back July 1st once you have completed this and the other requirements

You will need to wait until your insurance has started before you will be able to register on any of these sites. If you signed up for the health insurance during Open Enrollment for the first time your coverage will go effective May 1st.

If you have any questions about this, please contact Ashley LeBlanc or Lindsey Johnson in HR.

Lindsey 435-986-3294 or lindsey.johnson@blvdhome.com

Ashley 435-986-3299 or ashley.leblanc@blvdhome.com

Wellness Check Verification

(Visit done between Jan 25 – June 25)



How to determine when to use this Wellness Check Verification

- If you previously had a Wellness Check or Physical with your Doctor between January 2025 – June 2025 please use this form.
- If you had your Wellness Check or Physical in October-December 2024 contact HR to find out what you need to do.

Have the Dr. Office check which of the following visits you received

- A** - Preventative Wellness Check only – Free Services Only
(Ex: Blood pressure, Pulse, Total Cholesterol, LDL, HDL, Triglycerides, Height, Weight)
- B** - Preventative Wellness Check: But discussed results, action plan, possible prescriptions which resulted in a charge
- C** - Annual Physical – Not Free and may include additional charges for tests
(This will get you a Golden Ticket into the Grand Prize Wellness Drawing)

Must be completed by Dr. Office to verify visit:

Patient Name: _____

Date of Visit _____ Visit Type: A B C

Doctor's Name(printed): _____

Doctor's (or) Office Signature: _____

Facility: _____ Phone #: _____

After Verifying your visit:



Take picture of this page once you have obtained proof that you had met with your doctor, and upload image to HR via this QR Code. Due by September 30th



Team Member to keep this page for their records.