

# 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 during the 1<sup>st</sup> qtr to receive the discount. **If you and/or your spouse did not meet the quarters eligibility requirements, you will no longer receive the discounts for the rest of the year. You can re-qualify in July 2026 or by using the "one-time chance" listed below.**

**\*\*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) and/or register on Healthiest You will need to complete what was missing and **turn in screen shots** by June 30<sup>th</sup> **in addition to other requirements** to get discount back July 1<sup>st</sup>.

In addition for those team members and/or spouses who use **Tobacco and/or Nicotine**, turn into HR by June 30<sup>th</sup> Tobacco and/or Nicotine Reporting sheet. \*Only required the 1<sup>st</sup> quarter of the year.

**New eligible Team Members** and spouses must also register on **MotivHealth**, complete **MotivUniversity (MotivU)**, register on **Healthiest You** and turn in screen shots by **June 30<sup>th</sup>**.

## July – September – Additional Requirement this quarter

**Complete Preventative Wellness Check and submit Wellness Check Sheet by September 30<sup>th</sup>.**

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 – 7 minute or Reflect, Refuel, Recenter

- Or -

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

**New eligible Team Members** and spouses must also register on **MotivHealth**, complete **MotivUniversity (MotivU)**, register on **Healthiest You** and turn in screen shots by **Sept. 30**. If you or your spouse use **tobacco/nicotine**, you must also submit the Tobacco and/or Nicotine Reporting sheet to HR by **Sept. 30**.

## October - December

Complete Quarterly Wellness Challenge – Department Challenge & Squatober

- Or -

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

**New eligible Team Members** and spouses must also register on **MotivHealth**, complete **MotivUniversity (MotivU)**, register on **Healthiest You** and turn in screen shots by **Dec 31<sup>st</sup>**. If you or your spouse use **tobacco/nicotine**, you must also submit the Tobacco and/or Nicotine Reporting sheet to HR by **Dec 31<sup>st</sup>**.

## 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 31<sup>st</sup>.

**New eligible Team Members** and spouses must also register on **MotivHealth**, complete **MotivUniversity (MotivU)**, register on **Healthiest You** and turn in screen shots by **March 31<sup>st</sup>**. If you or your spouse use **tobacco/nicotine**, you must also submit the Tobacco and/or Nicotine Reporting sheet to HR by **March 31<sup>st</sup>**.

**\*\*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. \*\***