

# 2021-2022 Wellness Incentive Checklist

Verify your progress on [my.marathon-health.com](https://my.marathon-health.com)

You must earn 100 points and complete the three required activities by **August 31, 2022** to become eligible to receive the premium discount for next year (2022-2023).

## Wellness Program Required Activities:

- Complete a Biometric Screening (10 points)
- Complete a Health Risk Assessment Questionnaire (10 points)
- Complete a Comprehensive Health Review with a health coach (10 points)

## Preventative Screenings & Exams:

- Complete an Annual Physical with your doctor (or at the Health Center for Tabor City Employees) (50 points)
- Complete a Preventative Age/Gender Indicated Health Exam, Dental Cleaning, or Eye Exam (10 points each/20 points max)

## Achieve Healthy Numbers for 3 out of 4 Biometric Values:

- Complete your biometric screening and achieve 3 out of 4 healthy values (50 points)

## Improving Your Numbers:

- Complete 2 Follow-up Health Coaching Visits after Comprehensive Health Review (50 points)
- Follow-up Health Coaching Visit #3 (10 points)
- Follow-up Health Coaching Visit #4 (10 points)

**New!** If your spouse is on the company insurance policy and has their yearly physical **before August 31, 2022**, they will be entered into a raffle drawing for an iPad.

Questions? Contact your local wellness coordinator.

