



Wilson Health's Healthy U 2023 Program

The Wilson Health Wellness Program rewards you for making efforts towards becoming a healthier you!

A \$300 possible reward for ALL EMPLOYEES covered under the Wilson Health medical plan.

- **\$150 for completing an annual screening** with your Primary Care Provider (PCP) or OB/GYN visit. This is covered at 100% through insurance (Not applied to your deductible. Chiropractic visits excluded.)
 - The Provider must sign and date your Program Activity Log.
- **\$150 for accumulating 5 of the options below (options can be repeated):**
 - Volunteer at a Wilson Health Sponsored Event (e.g., United Way, Y-fest, parade, etc.)
 - Attend a Wilson Health Weight & Wellness information seminar
 - Attend a Wilson Health Weight & Wellness Support Group
 - Proof of **3** months of regular physical activity (36 visits/workouts in a 3-month period)
 - Submit the Participation Proof with your Activity Log to healthyu@wilsonhealth.org.
 - Proof can be printouts from Map My Run log, Apple fitness log, Fitbit log, etc.
 - Participate in a Wilson Health sponsored 5K or any organized 5K (in-person or virtual)
 - Volunteer at an organized Community Cleanup Event
 - Complete screening opportunities (mammogram, colonoscopy, bloodwork, etc.)
 - Dental Exam
 - Vision Exam
 - Blood or Plasma Donations

Key Notes

- Email the **Program Activity Log** to healthyu@wilsonhealth.org **by midnight on December 31, 2023.**
- The calendar year for activities completed is January 1 – December 31, 2023.
- The rebate program is voluntary.
- All employees covered under a Wilson Health medical plan are eligible for the rebate.
- Rebates will be paid to the employee in one payment (max \$300 if all items are completed) in January 2024.
- Normal deductions will apply to money you receive.
- Spouse participation is not required.

What if I am Not Covered by WH Insurance?

- You are not eligible to earn a rebate since you do not pay premiums.
- You must have Medical insurance through Wilson Health. Dental and/or Vision insurance only does not qualify for the rebate.
- You are still able and encouraged to participate in the Healthy U activities.

If you're unable to take part in any of the health-related activities or achieve a health outcome required for an incentive, you may be entitled to a reasonable accommodation or an alternative standard. Contact Human Resources to learn more.



Wilson Health's Healthy U Program Activity Log (2023)

Completed by (Name of Employee): _____

Completion Deadline Date: 12/31/2023

Done?	Complete wellness physical with PCP	Notes
	Planning & Preparation	Make appointment with your provider for your physical.
	Attend your Physical appointment	Date of Physical & Signature of Provider:
Total Points Completed per Row	Healthy Activity Options: <u>1 point</u> per Event	Must complete at least <u>5</u> of the events/options below.
	Volunteer at a Wilson Health Sponsored Event. <i>You can volunteer at more than one event to continue earning activity points.</i> <u>Examples are:</u> Any United Way activity, Y-fest, parade, etc.	Date and Name of Event:
		Date and Name of Event:
		Date and Name of Event:
		Date and Name of Event:
	Complete screening opportunities (in addition to getting a physical). <u>Examples are:</u> Mammogram, Pap Smear/Pelvic Exam, Colonoscopy, Blood Tests to check your cholesterol, blood sugar, PSA, etc.	Date and Test Performed:
		Date and Test Performed:
		Date and Test Performed:
		Date and Test Performed:
	Proof of 3 Months of Regular Physical Activity One point per every 3-month log. You can submit more than one 3-month log to continue earning points.	36 visits/workouts in 3 months (12 visits/workouts per month). Turn in <u>3-month log</u> to healthyu@wilsonhealth.org along with this form.
	Attend Wilson Health Weight & Wellness Information Seminar and/or Weight & Wellness Support Group <i>You can attend more than one event to continue earning activity points.</i>	Date and Name of Topic:
		Date and Name of Topic:
		Date and Name of Topic:
		Date and Name of Topic:
	Dental Exam <i>You can count up to 2 dental exams in a year.</i>	Date of Dental Visit
		Date of Dental Visit
	Blood or Plasma Donation <i>You can donate more than once to continue earning activity points.</i>	Date and location of Blood Donation:
		Date and location of Blood Donation
		Date and location of Blood Donation
	Volunteer at an organized Community Cleanup Event	Date and Name of Event:
		Date and Name of Event:
	Participate in a Wilson Health Sponsored 5k or any organized 5K	Date and location of 5K:
		Date and location of 5K:
	Vision Exam	Date of Vision Exam: