



# 2026 WELLNESS PROGRAM REQUIREMENTS

Employees & Spouses enrolled in a Chalk medical plan for 2026 will have from 1/1/26 - 12/31/26 to **complete 2 requirements\*\*:**



Annual Biometric Screening

Annual Physical OR  
Age/Gender Appropriate Exam  
(DOT Physical does not count)

## New Hires - Make Extra \$\$\$ This Year

Just Call Jessie incentive (for all newly hired in 2026 and enrolled employees & spouses in the medical plan).

- Earn **\$100** for calling Jessie to complete your **Personal Health Summary** from 1/1/26– 9/30/26 (up to \$200 total).
- Earn an additional **\$100** by calling Jessie & receiving a provider recommendation (up to \$200 total).

**\*Incentives will be paid out in December 2026 (must be actively employed at the time of payout)\***

**\*\*If 2026 wellness requirements are not met by 12/31/26, enrolled employees AND spouses will have a premium surcharge for their medical insurance for 2027\*\***



Call Jessie!