

# 2023 Health & Wellness Program

Employees & Spouses enrolled in a Chalk medical plan for 2023 will have from 1/1/23 - 12/31/23 to complete 2 requirements:

Annual Biometric Screening

# AND

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

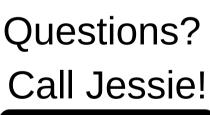
# Make Extra \$\$\$

NEW! Just Call Jessie incentive (for all enrolled employees & spouses).

-Earn \$100 for calling Jessie to complete your Personal Health Summary from 1/1/23 – 9/30/23 (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 2023 (must be actively employed at the time of payout)\* \*\*If 2023 wellness requirements not met by 12/31/23, enrolled employees AND spouses will pay more for their medical insurance in 2024\*\*





Call Jessie!