



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).

Questions?
Call Jessie!



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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****