



# WELLNESS PROGRAM

**The Cost of Your Medical Plan is \$60.00 Per Month**

## **Refund Program**

Employees who participate in the 2020-21 wellness program will have the opportunity to earn a refund check for completing 5 items from the list.

1. Bio-screening on campus (Date: TBD)
2. Flu shot (if off campus must provide proof)
3. Non-tobacco user or complete a cessation program (must provide proof)
4. Preventative Health Screening (form to be completed by Healthcare provider and submitted to DirectPath)
5. 110 visits to our wellness center
6. Health Coaching with DirectPath
7. 2 community/charity fitness events (walking, running, bicycling) Check out Virtual Events
8. Safety/Wellness Virtual Fair attendance (Date: TBD)
9. Participate in Community/Church league sports. Must be able to show proof of enrollment in the league (ex. Parks & Recreation, Boys & Girls Club, Corvallis Sports Park, Organized Church Leagues).
10. Meet with a financial advisor (have advisor initial date and time of appointment)
11. Meet with a nutritionist or Registered Dietician (have provider initial date and time of appointment)
12. Walk or Bike to work 108 times in the benefit plan year (Oct-Sept) must complete punch card and submit to HR

\*\* 3 items completed will earn ½ a refund check.