



# WELLNESS PROGRAM

**\$300 refund if you complete 5 items or \$150 for completing 3 items!**

## **Refund Program**

Employees who participate in the 2021-22 wellness program will have the opportunity to earn a refund check for completing 5 items from the list.

1. Bio-screening on campus (TBD based on current COVID safety guidelines)
2. Flu shot (if off campus must provide proof)
3. Covid Vaccine shot(s) (if off campus must provide proof) or booster if medically necessary.
4. Non-tobacco user or complete a cessation program (must provide proof)
5. Preventative Health Screening (form to be completed by Healthcare provider and submitted to DirectPath)
6. 110 visits to our Wellness Center or any other Fitness Club. (need proof of 110 visits)
7. Health Coaching with DirectPath
8. 2 community/charity fitness events (walking, running, bicycling) Check out Virtual Events
9. Safety/Wellness Virtual Fair attendance (Date: TBD)
10. 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).
11. Meet with a financial advisor (have advisor initial date and time of appointment)
12. Meet with a nutritionist or Registered Dietician (have provider initial date and time of appointment)
13. Walk or Bike to work 108 times in the benefit plan year (Oct-Sept) must complete punch card and submit to HR
14. Donating blood or plasma (maximum of 1 pt. earned in plan year)

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

\*\* Refund is prorated by the number of months covered on the medical plan and you must be employed when the plan ends September 30<sup>th</sup> to receive a refund.

\*\* If you are unable to participate in any of the above because of medical reasons, contact HR.