

2022 – 2023 WELLNESS PROGRAM

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

Refund Program

Employees who participate in the 2022-2023 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
- 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 30th to receive a refund.
- ** If you are unable to participate in any of the above because of medical reasons, contact HR.