

# 2022 Will-Burt Wellness Program

Program requirements **MUST** be completed between **12/02/2021 and 11/30/2022**

	Employees on WB's Medical Plan	Spouses on WB's Medical Plan
<b>Stage 1: Annual Physical</b>	<b>Must get Physical</b>	<b>Must get Physical</b>
Complete Annual Physical – Paid @ 100% in-or-out of network		
<b>Stage 2: Biometric Targets</b>	<b>Pass 3 out of 5 targets</b>	<b>Pass 3 out of 5 targets</b>
<ol style="list-style-type: none"> <li><b>BMI &lt;30</b> <b>OR Waist Circumference:</b> Men ≤ 40 inches / Women ≤ 35 inches</li> <li><b>Total Cholesterol ≤ 200*</b> <b>OR TC/HDL Ratio ≤ 5.0</b></li> <li><b>Blood Glucose ≤ 100*</b> <b>OR HbA1c:</b> between 4%- 5.6%</li> <li><b>Blood Pressure &lt; 140/90*</b></li> <li><b>Triglycerides ≤ 150*</b></li> </ol> <p><i>*If unable to meet targets, you can show proof of prescription(s) or proof of management by medical professional</i></p>		
<b>Stage 3: Preventative Behaviors</b>	<b>Complete 2 options</b>	<b>Complete 2 options</b>
<ul style="list-style-type: none"> <li>Dental Exam – recommended two times per year</li> <li>Vision Exam – recommended annually</li> <li>Mammogram</li> <li>PAP Test</li> <li>Colonoscopy</li> <li>Receive a Flu Shot</li> <li>Receive COVID19 Vaccination- initial shot administered in 2022</li> <li>Receive COVID19 Vaccination Booster shot</li> <li>Proof of Biometrics Improvement (see Nurse Stephanie for details)</li> <li>Proof of Weight Loss (see Nurse Stephanie for details)</li> <li>Skin Cancer Screening</li> <li>TOBACCO:     *Complete Smoking Cessation Class                   *Lung Cancer Screening</li> </ul>		
<b>Stage 4: Wellness Behaviors</b>	<b>Complete 3 options</b>	<b>Complete 1 option</b>
<ul style="list-style-type: none"> <li>Donate Blood</li> <li>Participate in a race, walk, softball, golf or similar league</li> <li>Attend 2022 Health Fair (must sign in)</li> <li>Participate in Chronic Illness coaching and tracking program through Mutual Health Systems – see WB Nurse for information</li> <li>Attend an onsite or online Wellness Presentation</li> <li>Complete four (4) Newsletters/Quizzes at <a href="http://www.brittongallagher.com/wbwellness">www.brittongallagher.com/wbwellness</a></li> </ul>		

***Unless done onsite at Will-Burt, you must provide proof to Nurse Stephanie.***

If you got a physical in 2021, you do **NOT** need to wait a full year to get your wellness physical for 2022. For example, if you had your physical done in November 2021 for the 2021 Wellness Program, you can get another anytime in 2022.