

Wellness Activities for \$240 Annual Wellness Premium Credit

Must have completed at least 4 in the past 16 months to receive the premium credit.

- 🍏 Take free online Health Assessment at www.coventrywellbeing.com
- 🍏 Attend District Health Fair in last 16 months
- 🍏 Well woman mammogram in last 16 months
- 🍏 Well woman Pap test in last 16 months
- 🍏 Well man PSA test in last 16 months
- 🍏 Attend free flu shot clinic in last 16 months
- 🍏 Attend Mammogram Party in last 16 months
- 🍏 Dental cleanings every 6 months
- 🍏 Annual eye exam
- 🍏 Attend CPR class
- 🍏 Participate in Coventry Free Diabetes Program
- 🍏 Participate in Coventry Disease Management Program
- 🍏 Monthly membership at YMCA
- 🍏 Monthly Membership in other health club (documentation required)
- 🍏 Participate in USD 259 fall wellness book review in last 16 months (Shrink Yourself / Habit Guide)
- 🍏 USD 259 10k Pedometer Program
- 🍏 Annual Heart Walk or RiverFest Run/Walk or other community walk/run (documentation required)
- 🍏 Participate in onsite TOPS program
- 🍏 Attended Tobacco Cessation Class in last 16 months
- 🍏 Participated in EMPAC Healthy Eating webinar in last 16 months
- 🍏 Attended EMPAC training class in last 16 months
- 🍏 Life Screening (documentation required)
- 🍏 Participation in Sports League (online does not count – documentation required)
- 🍏 Attend other health classes (documentation required)
- 🍏 Summer fitness challenges (Genesis & WSU) (documentation required)