

Wellness Program

You can earn an annual maximum of \$250

SAMPLE — All credits earned will be reimbursed to the employee for expenses incurred; examples of ways to earn credits are:

- **Health Screenings & Health Risk Assessment** \$25 (covered employee and covered spouse can earn \$25 each)
- **Fitness Program Participation** \$25 per month, minimum participation of 10 sessions per month. Includes gym, fitness center, group exercise classes & personal training by a certified instructor.
- **Fitness Activity** (example: Marathon, Half-marathon, Walk) \$15 per activity

Self-reported Fitness Activities

- **Participation** \$15 per month, minimum of 10 sessions per month. Includes activities such as running, walking, swimming and biking.
 - ✓ Track and Report your statistics. Example, how long did you run/walk? How many steps did you take? How many miles did you run/walk?
 - ✓ \$125 maximum credit per year for self-reported activities.

HOW THE PLAN WORKS!

Credits earned in 2023 will be deposited into your Health Savings Account (HSA) in January 2024 to avoid going over the annual maximum each year.

When an event is completed fill out the Wellness Benefit form, attach proof of participation and submit the information to Dunn & Associates.

NOTE:

- ✓ Eligible expenses include amounts applied to deductibles, copays and coinsurance through your HSA.
- ✓ HSA money may accumulate and roll over from year to year if not used!

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-OR-

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The Wellness Program is not available to Retirees.