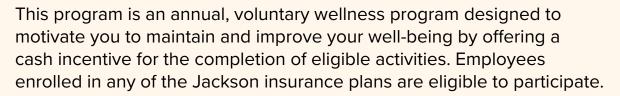
## **Health + Wellness**

## WHEEL OF WELLNESS

### BE Jackson-FIT



# We encourage you to get started by following the steps below:

#### **STEP 1: COMPLETE YOUR PERSONAL HEALTH ASSESSMENT (PHA)**

Complete the REQUIRED online Personal Health Assessment (PHA) by visiting avmed.org/JHS

#### **STEP 2: ANNUAL WELLNESS VISIT**

Schedule your annual wellness visit and have your healthcare provider complete the 2024 Annual Wellness Visit - Provider Verification Form to certify your visit.

CLICK HERE FOR THE ANNUAL WELLNESS VISIT -PROVIDER VERIFICATION FORM >>

#### STEP 3: COMPLETE THE WHEEL OF WELLNESS TO EARN YOUR CASH INCENTIVE

**Reward Scale:** 

• 50 Points - \$50 • 75 Points - \$75 • 100 Points - \$150

#### DEADLINE

Earn your points by Dec. 1, 2024 and receive your reward in January of 2025 (Employees must be in active pay status at the time of payment)! For certain activities, there are requirements that must be met in order to earn points. If you have any questions, contact Employee Benefits at HR-Benefits@jhsmiami.org.



think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at HR-benefits@jhsmiami.org and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

JacksonBenefits.org