



2023 Wellness Program

For 2024 Insurance Premiums

Your Wellness Coaches are a complimentary, confidential resource that can help you complete your Wellness Incentives!

2024 Wellness Incentives are based upon the following criteria:

Incentive	Employee	Spouse
Nicotine Premium Discount for 2024 premiums	<ul style="list-style-type: none">Complete the nicotine affidavit: in 2023 and be nicotine-free, on a monthly basis, orShow proof of completion of a nicotine cessation program.	<ul style="list-style-type: none">Complete the nicotine affidavit: in 2023 and be nicotine-free, on a monthly basis, orShow proof of completion of a nicotine cessation program.
General Wellness Premium Discount for 2024 premiums	<div><div><div>Employees</div></div><div><p>1. Attend an onsite Biometric Screening with your Wellness Coach between August and November, 2023. - As an alternative, you may submit a biometric screening from your physician dated between 1/1/23 - 12/15/23</p><p>2. Meet with your Wellness Coach two times. The deadline is 12/15/23. - As an alternative to one coach consultation, you may show proof of preventive care. (Your biometric screening does not count as a coach consultation.)</p><p>3. Login to the Healthy Ways portal to view two wellness videos before 12/15/23. - You can access the wellness videos on the Healthy Ways portal at portal.healthyways.com.</p><p>Link for Employees to register on Healthy Ways: https://portal.healthyways.com/#register/general/kim22</p></div></div>	<div><div><div>Spouse</div></div><div><p>1. Call your Wellness Coach one time before 12/15/23 - As an alternative to the one coach consultation, you may show proof of preventive care.</p><p>2. Login to the Healthy Ways portal to view two wellness videos before 12/15/23. - You can access the wellness videos on the Healthy Ways portal at https://www.portal.healthyways.com.</p><p>Link for Spouses to register on Healthy Ways: https://portal.healthyways.com/#register/general/kimsp1</p></div></div>

If you 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 Human Resource Department, Stacey McAfee at 330-343-1226 x 2261 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.



Contact your Wellness Coaches!



Sarah Black

Contact Sarah at:
sblack@wcusa.com / 216-206-7565

Sarah believes that with practice you can accomplish anything.

Arianne Davis

Contact Arianne at:
adavis@wcusa.com / 740-825-1420

Arianne believes that small changes make great impacts.



Connect With Your Wellness Coach Today!