

Biometric Screenings start this month!

See the next page for details and onsite screening schedules for your company and location.

Click here to schedule your appointment!

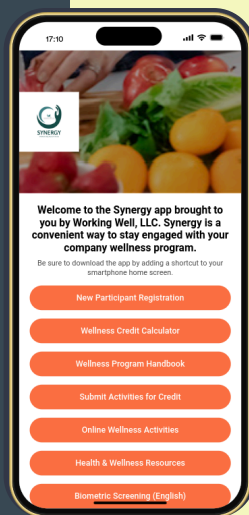
The Wellness Wheel

ANNUAL
NEWSLETTER

JANUARY 2025

Biometric Screenings 2025 Schedule

Dates and times are posted on the following page and are also available on the wellness program website calendar. Dates are subject to change. Any changes to the current schedule will be updated on the website calendar and also sent via text notification through the Synergy app; download it today!



Never miss an announcement from The Wellness Program!

Download the updated Wellness Program app, **Synergy** by scanning this QR code and adding the link to your homescreen. It's never been easier to stay engaged and up to date with the wellness program!



**Enable
notifications
to receive
instant alerts
and info!**

Important Reminders: Deadline to submit all activities and complete screenings is 5/1/2025

- To accommodate employee schedules, wellness program participants can schedule a biometric screening appointment at any of the available locations to meet this requirement.
- You may also visit a licensed healthcare professional or local lab (ex: Quest Labs) to complete your biometric screening. Please upload your results through the wellness program website before May 1, 2025. Click here to upload your results.
- FWWR Yards are walk-in screenings (no appointments needed) so please plan accordingly.
- OHF employees will be notified of the dates and times for screenings individually.
- Program guidelines, deadlines and eligible activities can be found in the program guide here.
- To receive credit, all activity details must be uploaded through the website here. If you need assistance or cannot upload your activities, please bring documentation to your screening.

January			
01/22/25	Ridglea Bldg	12th Fl	9a-2p
01/23/25	Ridglea Bldg	12th Fl	9a-2p
01/24/25	Ridglea Bldg	12th Fl	9a-2p
01/28/25	Ridglea Bldg	12th Fl	9a-2p
01/29/25	Ridglea Bldg	12th Fl	9a-2p
01/30/25	Ridglea Bldg	12th Fl	9a-2p
01/31/25	Ridglea Bldg	12th Fl	9a-2p
02/05/25	Ridglea Bldg	12th Fl	9a-2p

February			
02/05/25	Ridglea	12th Fl	9a-2p
02/11/25	FWWR Yards	Hodge	7a-2p
02/12/25	FWWR Yards	Hodge	10a-4p
02/13/25	FWWR Yards	Hodge	7a-2p
02/18/25	FWWR Yards	Dublin	7a-2p
02/19/25	FWWR Yards	Cleburne	2p-6p
02/20/25	FWWR Yards	Hodge	9a-2p
02/25/25	FWWR Yards	Cresson	7a-2p
02/26/25	FWWR Yards	Hodge	12p-6p
02/27/25	FWWR Yards	Hodge	10a-4p

March			
03/04/25	FWWR Yards	Dublin	10a-2p
03/05/25	FWWR Yards	Hodge	12p-6p
03/06/25	FWWR Yards	Cresson	12p-4p
03/07/25	FWWR Yards	Flexible	TBD
03/19/25	Quorum	Office	9a-2p
03/20/25	Quorum	Office	9a-2p
03/25/25	Quorum	Office	9a-2p
03/26/25	Quorum	Office	9a-2p
03/27/25	Quorum	Office	9a-2p

April			
04/01/25	Quorum	Office	9a-2p
04/02/25	Quorum	Office	9a-2p
04/03/25	Quorum	Office	9a-2p
04/08/25	Quorum	Office	9a-2p
04/09/25	Quorum	Office	9a-2p
04/10/25	Quorum	Office	9a-2p
04/15/25	Quorum	Office	9a-2p
04/16/25	Quorum	Office	9a-2p
04/17/25	Quorum	Office	9a-2p
04/22/25	Quorum	Office	9a-2p
04/23/25	Quorum	Office	9a-2p
04/24/25	Quorum	Office	9a-2p
04/29/25	Quorum	Office	9a-2p
04/30/25	Quorum	Office	9a-2p

If you miss your scheduled appointment, or cannot not attend one of these screening times, it is your responsibility to arrange services to complete this requirement by **May 1, 2025**. Failure to complete this requirement will forfeit your eligibility for the wellness incentive.

If you have any questions or concerns, please do not wait to contact Leslie Paxton at 817.300.1508 or working.well@outlook.com