


# Wellness Program Events Calendar

MAY 2

| MAY   | JUNE  | JULY   | AUGUST   | SEPTEMBER  | OCTOBER   |
|---|---|--|--|--|---|
| <p><b>Wellness Year Begins May 2</b></p> <p><b>Open Enrollment</b><br/>Select your health insurance benefits during the open enrollment period through your company</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p> | <p><b>In-person Nutrition Counseling Sessions Open</b><br/>In-person sessions open and are available through December.<br/><br/>Virtual visits only from January - May.</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p> |  <p><b>Wellness Credits</b><br/>Report eligible activities</p>  | <p><b>eLearning</b><br/>Modules are available on the program website starting in Aug.<br/><br/>6 courses will be available and are worth 5 credits each.</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p> | <p><b>Wellness Workshops</b><br/>Workshop #1 will be offered onsite where available. All workshops are also available for credit on the program website.</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p> | <p><b>Flu Shot Clinic</b><br/>Flu Shots will be available at eligible locations. Dates and times for this event will be announced via email. Open to all employees.</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p> |
| NOVEMBER  | DECEMBER  | JANUARY  | FEBRUARY   | MARCH  | APRIL   |
| <p><b>Wellness Workshops</b><br/>Workshop #2 will be offered onsite where available. All workshops are also available for credit on the program website.</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p>            | <p><b>Annual Wellness Newsletter</b><br/>Helpful tips to keep you healthy and engaged.</p> <p><b>Onsite Biometric Screening Schedule Published</b></p> <p><b>Wellness Credits</b><br/>Report eligible activities</p>                      | <p><b>Onsite Biometric Screenings at Ridglea</b></p> <p><b>Nutrition Counseling moves to virtual session only</b><br/>All sessions are virtual until June.</p> <p><b>Wellness Credits</b><br/>Report eligible activities</p> | <p><b>Onsite Biometric Screenings at FWWR YARDS*</b></p> <p><b>Wellness Credits</b><br/>Report eligible activities</p>   | <p><b>Onsite Biometric Screenings QUORUM, Intl.</b></p> <p><b>Wellness Credits</b><br/>Report eligible activities</p>  | <p><b>Wellness Credits</b><br/>Report eligible activities</p> <p><b>Wellness Year ENDS at 11:59pm on May 1</b></p>  |

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