

LIVE WELL 2018

The Wellness program has been expanded to cover the 5 wellness areas noted below. The Wellness Committee is busy planning activities for 2018 in these areas. If you have activity ideas, please contact a Wellness Committee member (more members still needed)!



Career Wellbeing: How you occupy your time; liking what you do every day; having a sense of purpose

Social: Having strong relationships in your life

Financial: Effectively managing your economic life

Physical: Having good health and enough energy to get things done each day

Community: A sense of engagement you have with the area you live

We are taking steps to offer a VEBA incentive of \$250/eligible participating employee. In order to earn the incentive, the employee would need to participate in two of the activities offered and the biometric screening.

Incentives will be paid out prior to 12.31.18

Look for future communication regarding wellness activities and screenings!

Wellness Committee: Chelsie Carlson, Cheryl Lillegaard, and Nancy Sajban

