

2024 WELLNESS CREDIT COUNTDOWN

Complete the 3 steps by October 31st to earn your '24 wellness credit.

1. Complete your annual physical & biometric labwork

Attend your Myers onsite biometric screening event. Click [HERE](#) to see biometric screening event dates and to register. If you can't attend the event, make an appointment with your doctor. Take the [physician results form](#) to your doctor, have your doctor fill out the form. Then upload the form in the [Wellworks For You](#) portal.

2. Attest non-tobacco status OR complete the tobacco cessation e-learning series

Submit the [tobacco attestation form](#) in the [Wellworks For You](#) portal or if you are a tobacco user, complete the 6 tobacco cessation eLearning series in the [Wellworks For You](#) portal by October 31, 2023.

3. Pick one activity

- a. Participate in 1 wellness challenge - [Football Frenzy](#) Aug 21st - Sept 17th
- b. Attest to receiving a flu shot - Fill out the [flu shot attestation form](#) and upload in the [Wellworks For You](#) portal.
- c. Complete the Anthem Health Assessment - log into www.anthem.com, take the assessment, and then self-report in the [Wellworks For You](#) portal that you completed the assessment.