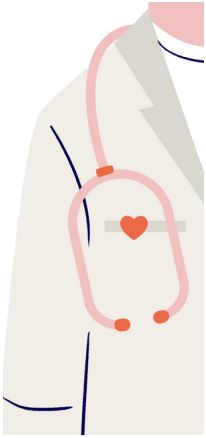


CLARKSVILLE WELLNESS FOR 2026 ELECTIONS



What is the Wellness Program?

Employees and spouses that are interested in the wellness program will be required to complete an annual wellness exam with labs and meet biometric benchmarks. If benchmarks are not met, the participant will be required to speak with a health coach to reach compliance for 2026 and be eligible for the 2026 Preferred Health Plan with HRA funds.

Important Deadlines to Remember:

① Physical Completion & Physical Form Uploaded:

NOW thru December 31, 2024

- Participants will need to complete an annual wellness exam with labs at the Clarksville Employee Health & Wellness Center or with their PCP between the dates of **January 1, 2024 - December 31, 2024. An A1c result and nicotine blood draw are required for the physical to be accepted.**
- Once the physical has been completed, the participant will upload their completed provider form to the wellness portal at clarksville.wellright.com. If you complete your physical at the Clarksville Employee Health & Wellness Center, your form will be uploaded for you if you have an active portal.

② Health Coaching:

- If all benchmarks are met, no health coaching is required.
- If non-compliant, the participant will need to complete two health coaching sessions.

Compliance Deadline is May 15, 2025

- Participants that are non-compliant must complete coaching requirements by **May 15, 2025**, to reach compliance and be eligible for the Preferred Health Plan with HRA funds for 2026.

Biometric Benchmarks:

- A1c < 5.7
- BP < 140/90
- BMI < 30
- Non-Tobacco (negative nicotine blood draw)

