

SMP Wellness Program – Drive Your Health Forward!



Drive Your Health Forward

SMP partners with Virgin Pulse to provide you a comprehensive wellness program if you are enrolled in an SMP-sponsored medical plan.

Every year, SMP requires that you take specific action toward your health and wellness.

Take Action in 2022!

In 2022, you and your spouse covered under our medical plan are required to take the following steps by October 15th, 2022 in order to avoid an increase in premium in 2023 (for those hired after July 15th, 2022, you do not have to complete):

1. Section: Be Tobacco Free

Complete *either*:

- The Nicotine-Free Agreement (non-smoker), or
- Complete a Tobacco User Journey (tobacco user)

Note: The Tobacco User Journey takes a minimum of 15 days.

2. Section: Know Your Numbers

Complete *two* actions:

- Biometric Screening
- Annual Physical Exam (Attestation Form)

3. Section: Preventive Care

Complete *one* action:

- Annual Dental Exam (Attestation Form)
- Cancer Screening — Colonoscopy, Mammogram, Pap Test, PSA, Skin Cancer (Attestation Form)

Take care of yourself, and we'll take care of you too!

**Dates of service can be between October 16, 2021 and October 15, 2022.*

***Our medical plan allows for one annual physical per year; it does not require 12 months between appointments.*



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