

Take Action in 2021!

In 2021, you and your spouse covered under our medical plan are required to take the following steps by October 15th, 2021 in order to avoid an increase in premium in 2022 (for those hired after July 15th, 2021, you do not have to complete):

1. Section: Be Tobacco Free

Complete **either**:

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

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

2. Section: Know Your Numbers

Complete **two** actions:

- Health Check Survey
- Biometric Screening
- Annual Physical
- Dental Exam **or** Flu Shot

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

**Dates of service can be between October 16, 2020 and October 15, 2021.*

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