

Wellness Works Employee Incentive Program Application 2024

Name:	Date:	
Employer:	Department:	

1. Indicate which track you prefer to enroll in for 2024.

Track A – Reimbursement to Health Club (Receipt for paid membership required)* *Your program may only offer Tracks B and C. Check with your Wellness Coordinator.

Track B – Incentive Awards that can be earned January through December 2024 are listed below.

150-poi	int level – 9-inch Cooking Tongs, Insulated Zipper Tote Bag or Silverware Set
300-poi	int level – 20 oz. Stainless Steel Insulated Tumbler, Silicone Oven Mitt or
	Muscle Massage Roller Stick
450-poi	int level – 10-Pack Shopping Bags, Stretch Out Strap with Exercise Book or RTIC Lunch Container
600-poi	int level – Cargo Box, Backpack Cooler or Long Sleeve Hoodie (Sizes S to XXL)
Track C –	Wellness Experience Pass. Turn in your filled out logs for all four quarters of 2024
(switch	ing from another track mid-year is not allowed) for your choice of one of the following:
<u>]</u>	Maine State Park Pass (pass holder and occupants of vehicle),
]	<u>National Park Pass</u> (pass holder only) or
]	Boothbay Harbor Botanical Gardens (pass holder and one guest)

These passes will be purchased and sent to participants in February 2025.

2. Do you have any suggestions for your worksite Wellness Program for this year? How can we help you achieve and maintain your health goals?

I understand that in order to earn reimbursement, incentives, or a pass, it is my responsibility to complete an Exercise/Point Log every three months and return it to my Wellness Coordinator.

Signed:	Date:
Wellness Coordinator:	Date:

Your worksite Wellness Program follows the guidelines set by *Wellness Works,* the Health Education and Promotion Program of Maine Municipal Employees Health Trust