

2023 Thor Wellness Program

REQUIRED ACTIONS

**Must complete all four with documentation to qualify for the end of year drawings!*

POINTS

Biometric Screening (50 points)

Dental Exam (50 points)

Physical Exam (100 points)

Vision Exam (50 points)

WORK WELL

Monthly Challenges (25 points)

POINTS

**Turn in completed challenge by each monthly deadline to receive points!*

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Monthly Exercise (25 points)

POINTS

**Complete 500 minutes of exercise and turn in Fitness and Exercise Tracker.*

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

WORK SMART

BCBS Presentations (25 points)

POINTS

NAME

TOTAL POINTS