

A Partner for Your Wellness Journey

Memorial Wellness Center offers the support you need on your wellness journey this benefit year at \$0 cost to you.

What You Get

- A Health Coach to give you accountability and encouragement to reach your health goals
- Access to a private Facebook group for tips, recipes, information on upcoming challenges and the opportunity to share successes with your co-workers
- Option to participate in fun health challenges throughout the school year
- Access to on-site and virtual sessions on various health topics
- Flexible communication strategies to meet your needs



Requirements for the Premium Differential

- Complete a health risk assessment (HRA) through the Memorial App
- Complete an annual wellness exam with your preferred medical provider **AND** schedule a consult with a health coach **OR** schedule a biometric screening with Memorial Wellness Center before your birthday

Call to Action

- Join the Facebook group at District 186 Wellness Program or scan the QR code.



- Complete the HRA.
- Complete annual wellness exam and consult with health coach **OR** complete biometric screening with Memorial Wellness Center.



Memorial
Wellness Center

 320 E. Carpenter St. | Springfield, IL

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