

YOU COULD SAVE UP TO \$720!

PARTICIPATE IN THE 2024 MAC TRAILER WELLNESS PROGRAM AND SAVE UP TO \$720 IN YOUR PAYCHECK THROUGHOUT 2025!

The 2025 MAC Trailer total potential Wellness incentive is \$720.

STEP 1 – PARTICIPATE IN A MAC TRAILER WELLNESS FAIR BIOMETRIC EVENT AND EARN \$20 A MONTH

- ✓ Attend a MAC Trailer Wellness Fair Event, visit your Primary Care Physician or visit the Health & Wellness Center and complete a biometric screening between Nov. 1, 2023 – Oct. 31, 2024 to be eligible for the incentive.
- ✓ If biometrics are completed by your physician, please submit the PCP Biometric form and schedule an appointment with a health and wellness team member to review your results by October 31, 2024.

STEP 2 – VISIT YOUR PRIMARY CARE PHYSICIAN AND EARN \$20 A MONTH

- ✓ Complete between Nov. 1, 2023 – Oct. 31, 2024.

STEP 3 – REACH TARGETS AND EARN \$10 A MONTH

- ✓ Meet biometric targets.
 - BMI \leq 29 or Body Fat % within recommended range for age/gender
 - Blood Pressure \leq 130/85
 - Fasting Glucose \leq 100
 - LDL \leq 130



STEP 4 – SIGN THE NON-NICOTINE USE AFFIDAVIT AND EARN \$10 A MONTH

***ATTENTION: If a spouse is covered on the plan, both the spouse and the employee must complete each step to receive the incentive. If only you, as the employee, are covered on the plan, your spouse does not need to participate.

If you believe you need a reasonable alternative option to the program or have any questions, please see Human Resources or contact a Health and Wellness Center team member at <https://www.aultcare.com/mactrailer>

