

# Wellness Incentive



## Earned Health Day Checklist

Completing the Wellness Incentive Program requirements offers participating employees 8 hours of vacation (12 hours for Fire & Police shift employees) or the equivalent paid to them, less applicable taxes.

Employees must complete the two mandatory activities + their choice of three other activities listed below between April 1, 2022 and March 31, 2023.

Contact Tania Thomas or Jessica Winter if you need assistance accessing the Employee Portal at 314-822-5806.

**MANDATORY**

- Participate in City Sponsored Biometric Screening
- Annual Physical

**PICK 3**

- Get a Flu Shot
- Dental Exam
- Eye or Hearing Exam
- Participate in a Wellness Challenge, get a Financial Consultation, or attend a Lunch & Learn webinar.

GO TO [WWW.KIRKWOODMO.ORG/EARNEDHEALTHDAY](http://WWW.KIRKWOODMO.ORG/EARNEDHEALTHDAY)  
OR  
SCAN QR CODE



This checklist is for your reference only.