



WORKING ON WELLNESS

2024 Calendar

Health Coaching with Wellness Coordinator Theresa Ebeling is available by appointment by email at ebelinta@kirkwoodmo.org.

health is a state of mind | wellness is a state of being



January* - Biometric Screenings & Healthiest Loser Kick-off



February* - I Take Care of my Heart Challenge



March* - Cancer Prevention Challenge



April & May - Healthiest Loser Ends & Spring Fling Challenge



June - Blue Zone Challenge



July - Sleep 30-Day Challenge



August - Stay Hydrated 30-Day Challenge



September & October - Fall Fitness Challenge



November - Gratitude & Random Acts of Kindness 30-Day Challenge & Maintain: Don't Gain Weigh-ins



December - 12 Days of Fitness Challenge

*Asterisked months pertain to Fiscal Year (FY24) 2023/2024 Earned Health Day requirements.
April - December challenges apply toward Earned Health Day requirements for FY 25 (4/1/24 - 3/31/25)



Earned Health Day Checklist

WELLNESS INCENTIVE

FY 25 - April 1, 2024 - March 31, 2025

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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. Biometric Screenings will take place in January 2025. Exact dates to be announced in late 2024.

EMPLOYEES MUST COMPLETE:

Two MANDATORY Activities

Date Completed

- Participate in City-sponsored Biometric Screening _____
- Annual Physical _____

Three Activities of Your Choice

- Get a Flu Shot _____
- Dental Exam _____
- Eye Exam _____
- Hearing Exam _____
- Financial Consult _____
- Lunch & Learn _____
- WoW Challenge _____
- Screening _____

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