



Earned Health Day Checklist

WELLNESS INCENTIVE

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

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

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 _____

GO TO WWW.KIRKWOODMO.ORG/EARNEDHEALTHDAY OR SCAN QR CODE

