



# Introducing the Workplace Athlete

Who takes a few moments throughout the day to walk and stretch? Who takes the stairs when possible? Who alternates sedentary with more active tasks? Who is a Workplace Athlete?

**You!**



Health Screening Exam? & BMI?



UHC Rally Health Survey?

Or Both!



1. Get the Vouchers

2. Get the Physical, your Doctor's  
the optional BMI

This Incentive Plan is changing July 1, 2017. If you have not already applied for your incentives for the July 1, 2016—June 30, 2017 plan year you may do so no later than July 31, 2017. Your "Know Your Numbers" annual physical exam or Rally Health Survey must be completed no later than June 30, 2017. Vouchers available at <https://doc.hrntouch.com>.

Employees and spouses on Diocesan health insurance are eligible.

Make Wellness Work For You!

*Live Life Abundantly*

**Wellness ♥ Works**

Diocese of Charlotte Benefits Plan