



# How to Earn a Healthy Living Day

An Employee is eligible for a healthy living day when they **complete**:

- a wellness screening (typically held in December)
- a health assessment
- 5 wellness sessions, scheduled from December – June.

If **all** requirements are met and a healthy living day is earned, your day can be used the next fiscal year.



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QUESTIONS? CONTACT SARA STROTTMAN,  
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