



Wellness Screening Requirements

- ✓ Complete Wellness exam by 12/31/17.
- ✓ Log onto www.watcohealth.com and confirm “YES” the exam has been completed.
- ✓ Spouses on the health plan will also need to complete a wellness exam.
- ✓ Answer the tobacco question by 12/31/17.
- ✓ If you are a tobacco user and wish to avoid higher premiums, please enroll in the Tobacco Cessation Program by calling: 1-800-207-7680.
 - Enroll in the Cessation Program by 10/31/17.
 - Complete all 5 coaching calls by 12/31/17.

Watco **no longer** collects the biometric data results. These results are informational for you only. You can use this page to write in your results if you wish.

Height _____	Weight _____
Blood Pressure _____	BMI _____
Total Cholesterol _____	Total Cholesterol/HDL Ratio _____
LDL _____	HDL _____
Triglycerides _____	Glucose _____

Customer First – Safety Always!