

# It Takes Two!

**\$200 is Waiting for You**



**It All Counts** is the Benefits and Wellness organization's portion of the company-wide Employee Incentive Program. In order to receive the \$200 bonus for 2023, you will need to complete two qualifying health-related activities as outlined below.

**Completing one activity does not award \$100, you must complete two activities in order to receive the bonus. This is not the usual 85% company-wide goal that has been used in the recent past, this is an individual participation goal.**

## Qualifying Activities:

- ✓ Complete your annual physical (EB occupational surveillance exams do not count)
- ✓ Complete a Smoking Cessation program
- ✓ Complete a Know Your Numbers biometric screening
- ✓ Participate in one Optum Coaching session (includes Mindfulness)
- ✓ Attend an EB sponsored fitness class
- ✓ Get your annual flu shot
- ✓ Complete your preventive colonoscopy exam
- ✓ Complete your preventive mammography exam
- ✓ Visit the EB Family Wellness center for any kind of appointment
- ✓ Fill your prescription at the EB Family Pharmacy
- ✓ Attend an EB Sponsored Community Health Event (Heart Walk, Run to Home Base, Army Ten-Miler)
- ✓ Complete an EB Sponsored Hands only CPR training
- ✓ Donate blood at an EB Sponsored blood drive

## What if I am not on an EB Medical Plan?

If you completed a physical, flu shot, colonoscopy, mammogram, or breast cancer screening, in 2023 and **you are not on an EB medical plan** but would like to be "counted", please fill out the It All Counts Proof of Qualifying Activity Form (84-08-0735) and email to [ebwellness@gdeb.com](mailto:ebwellness@gdeb.com) or bring a copy to the Benefits Office (Groton) or Human Resources (Quonset). Activities completed in 2022 do not count for 2023.

If you have any questions on how to participate, please reach out to your site's Wellness lead.

**Quonset:** Erik Teter, [eteter@gdeb.com](mailto:eteter@gdeb.com)

**CT and Off-sites:** Katie Perkins, [kperkin2@gdeb.com](mailto:kperkin2@gdeb.com)

