Wellness Check-Up

In order to avoid the $25.00 additional increase in your monthly health care premium, you **and your spouse** (if covered by Luther’s health care plan) need to have a wellness check-up between January 1 and December 31, 2022. A wellness check-up consists of a blood screening, online clinical health risk appraisal (CHRA), and physical exam. Send the completed form to the Office of Human Resources, Main 25, prior to December 31, 2022.

I have done the $40 Community Wellness blood panel screening at Winneshiek Medical Center, a $45 Wellness blood panel screening at Gundersen Health System in Decorah, a Luther on-campus blood screening visit, or another medical clinic/hospital. (A maximum of $45 will be reimbursed for the community wellness blood panel screening). Males 40 and older will also be reimbursed up to $40 for a PSA.

I have filled out the health risk appraisal (CHRA).

I have taken my results of the blood screening to my doctor for a physical exam (Date of physical\_\_\_\_\_\_\_\_\_.)

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Printed Name

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Signature

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Name of Luther employee (if you are a spouse)