# 2022 ISAC Wellness Program

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| Wellness Contacts |

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| Next steps checklist |

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| [ ]  | Return the 2022 Wellness Agreement to ISAC |
| [ ]  | Return the Wellness Team Members Sheet to ISAC |
| [ ]  | If you want, schedule a date with ISAC to rollout the 2022 Wellness Program to employees.  |
| [ ]  | If you want, schedule a meeting with Amy to help your committee come up with your county’s wellness plan for the year. |
| [ ]  | Encourage employees to complete a physical or preventative exam. |
| [ ]  | Encourage employees to complete their online assessment.  |
| [ ]  | Have a minimum of 4 Wellness Committee meetings (recommended quarterly) |
| [ ]  | Encourage employees to complete the Wellness Pillars if they would like to earn their full $200. |
| [ ]  | Encourage employees to attend or participate in the ISAC hosted pillar activities.  |
| [ ]  | Provide your 2022 wellness committee meeting minutes (4 sets) to ISAC |