

WELLNESS CONTACTS & CHECKLIST

WELLNESS CONTACTS

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NEXT STEPS

- ☐ Return the 2025 Wellness Agreement to ISAC
 - ☐ Return the Wellness Team Members Sheet to ISAC
 - ☐ If you want, Schedule a date with ISAC to rollout the program to employees
 - ☐ Distribute the 2025 Program Notice to Employees
 - ☐ Encourage Employees to Schedule their physical exam and complete the fax form
 - ☐ Have a minimum of 4 Wellness Committee Meetings (recommended quarterly)
 - ☐ Encourage employees to participate in the walking challenge
 - ☐ Provide your 2025 wellness committee meeting minutes to ISAC
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