

# 2023-2024



# Wellness Program Overview

## STEP 1 - BIOMETRIC SCREENING

Attend a Biometric Health Screening and achieve at least 7 of 9 measurements within normal ranges or complete a Reasonable Accommodation if necessary.

## STEP 2 - ANNUAL PHYSICAL

Complete your yearly physical with your doctor and submit the necessary paperwork. If you or your spouse had a physical after August 1, 2023, upload the Explanation of Benefits (EOB) to Ramp Health to get credit.



## STEP 3 - SUBMIT FORMS

All forms must be submitted by **July 31, 2024** through the Ramp Health platform. Contact [support@ramphealth.com](mailto:support@ramphealth.com) if you need assistance.

## EXTRA MILE

Want to go the extra mile and earn a **\$100 bonus**? Continue participating with select activities to earn additional rewards!



LEARN MORE



[mybrubacherbenefits.com/wellness-program](https://mybrubacherbenefits.com/wellness-program)

