

2024 Ephrata National Bank's Wellness Program

Guidelines and Eligibility:

Ephrata National Bank's Wellness Program is designed to promote and reward a healthy lifestyle. The program is voluntary. To receive an employee premium discount in the following year, employees must complete six wellness activities in addition to completing a Biometric Screening. To receive a dependent premium discount for the following year, a total of three wellness activities must be completed by the dependent. To be eligible to receive a premium discount for dependent coverage, employees must have also completed the requirements to receive an employee premium discount.

- Wellness Period: January 1st – November 30th
- Participation: Every ENB employee, whether participating in the ENB Health Plan or not are welcome to participate in all wellness initiatives.
- Wellspan Wellright Link: <https://enb.wellright.com/act/auth/login>

Wellness Activity Options

Required to Qualify for the Incentive	Submission of Completion
<ul style="list-style-type: none"> • Biometric Screening 	<ul style="list-style-type: none"> • Point awarded within 1 week of completion of Screening
Medical Care Activities	
<ul style="list-style-type: none"> • Annual Preventive Exam (Physical) 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Dental Exam 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Vision Exam 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Preventive Care Visit (Pap smear, Mammogram or Colonoscopy) 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Obtain a Flu Shot 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Obtain COVID vaccination 	<ul style="list-style-type: none"> • Self-Document in Portal
Participation Based Activities-	
<ul style="list-style-type: none"> • Complete Personal Health Assessment Survey 	<ul style="list-style-type: none"> • Point awarded upon completion
<ul style="list-style-type: none"> • Stress Management -Complete Courses 	<ul style="list-style-type: none"> • Point awarded upon completion
<ul style="list-style-type: none"> • Educational Modules – Complete Courses 	<ul style="list-style-type: none"> • Point awarded upon completion
<ul style="list-style-type: none"> • Professional Development - Complete Courses 	<ul style="list-style-type: none"> • Point awarded upon completion
<ul style="list-style-type: none"> • Participate in Drink Water Challenge 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Participate in Steps Challenge 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Attend the Annual Wellness Fair 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Attend Financial Wellness Seminar 	<ul style="list-style-type: none"> • Self-Document in Portal
<ul style="list-style-type: none"> • Attend at least one training course offered by the Safety Committee 	<ul style="list-style-type: none"> • Self-Document in Portal