

## 2022 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 and COVID Vaccination. 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 1<sup>st</sup> – November 30<sup>th</sup>
- Participation: Every ENB employee, whether participating in the ENB Health Plan or not are welcome to participate in all wellness initiatives.

### Wellness Activity Options

Required to Qualify for the Incentive	Submission of Completion
<ul style="list-style-type: none"> <li>• Biometric Screening</li> </ul>	<ul style="list-style-type: none"> <li>• Point awarded within 1 week of completion of Screening</li> </ul>
<ul style="list-style-type: none"> <li>• Obtain Covid vaccination</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
Medical Care Activities	Use Medical Care Form located on the Portal
<ul style="list-style-type: none"> <li>• Annual Preventive Exam (Physical)</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Dental Exam</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Vision Exam</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Preventive Care Visit (Pap smear, Mammogram or Colonoscopy)</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Obtain a Flu Shot</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
Participation Based Activities-	
<ul style="list-style-type: none"> <li>• Complete Personal Health Assessment Survey</li> </ul>	<ul style="list-style-type: none"> <li>• Point awarded upon completion</li> </ul>
<ul style="list-style-type: none"> <li>• Exercise-Complete Education Module</li> </ul>	<ul style="list-style-type: none"> <li>• Point awarded weekly upon completion</li> </ul>
<ul style="list-style-type: none"> <li>• Diabetes Prevention – Complete Education Module</li> </ul>	<ul style="list-style-type: none"> <li>• Point awarded weekly upon completion</li> </ul>
<ul style="list-style-type: none"> <li>• Participate in 10 Pound Throw Down Community Program sponsored by WellSpan</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Participate in Drink Water Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Attend the Annual Wellness Fair</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>
<ul style="list-style-type: none"> <li>• Attend the Financial Wellness Seminar</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Document in Portal</li> </ul>