



IFB solutions promotes wellness by encouraging employee and covered spouses to keep up to date with routine preventive care. If you are covered under the group medical plan, you will have an opportunity to participate in the Wellness Incentive Program annually. This program offers discounted employee medical premiums if you meet two wellness goals.

Wellness Goals

1. You and your covered spouse must have a routine physical with labs by 6/7/2024 or you will pay higher premiums without wellness rates (\$10 or \$20 more a month) as of 7/1/2024. The timeframe for your physical is 1/1/2023—6/7/2024.
2. You must provide proof of at least 1 routine dental preventative cleaning by 6/7/2024.

Proof of Physical

Each year you must provide proof of your physical and your covered spouse's physical to Human Resources. Acceptable forms of proof include:

- A copy of your receipt or bill from the physician's office
- A confirmation letter from your physician's office or Proof of Physical form on Paycom

Wellness Advantages

- Save money on your medical premiums
- Receive valuable feedback on your health
- Contribute to lower health care costs for you and your family
- Develop a relationship with your primary care physician
- Early detection of health conditions to enable proactive treatment at lower costs
- No out-of-pocket cost to you—preventive care is covered at 100%