



CEM Wellness Tracker

Earn points toward reducing your 2022 healthcare premium.

The CEM Wellness Program is designed to help employees and their families adopt healthier lifestyles. Learn how to make better nutritional as well as emotional, and financial choices for holistic wellness.

Visit cem.com/wellness for additional information on how to earn points to save money on your insurance premiums.

Points Goal: 500

Deadline: November 13, 2021

Savings on Premium:

\$15 per paycheck (employee only plan)

\$30 per paycheck (employee and spouse plan)

NAME Employee Spouse)

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Preventative

Annual Physical: **200 pts**

Mammogram or Colonoscopy: **100 pts**

Dental Cleaning: **25 pts each**

Points Earned: _____

Tobacco Free

I am Tobacco Free: **50 pts**
(See acknowledgment on the back side of this page)

Points Earned: _____

401(k)

I am participating in the 401(k) program: **50 pts**

Points Earned: _____

CEM Wellness Events

25 pts each

Physical Wellness Lunch n Learn

Emotional Wellness Lunch n Learn

Financial Wellness Lunch n Learn

Health Fair

Points Earned: _____

Health Advocate

Employees can earn up to **200 points** for utilizing Health Advocate. You can participate in a variety of activities such as health profiles, company challenges, wellness coaching, and even tracking daily activities such as walking, exercise and water intake. See the next page or visit healthadvocate.com/cem for more details.

Points Earned: _____

LifeWorks

Employees can earn up to **100 points** for utilizing the CEM Employee Assistance Program through Lifeworks. Each time you utilize this benefit, you can earn 20 points. The following resources are available at lifeworks.com:

- Podcasts
- Financial Calculators
- Financial advising
- Counseling
- Articles
- Toolkits

Points Earned: _____

Bonus Points

I participated in: _____ / _____ Points

I participated in: _____ / _____ Points

I participated in: _____ / _____ Points

I participated in: _____ / _____ Points

Points Earned: _____

Total Points Earned



Tobacco Free Acknowledgment



The CEM Wellness Program offers points to employees who are tobacco free or complete a tobacco cessation program. The purpose of this form is to document whether you qualify for these points.

To qualify for the tobacco free points, you must not have smoked cigarettes, electronic cigarettes, cigars, or pipes within the past 6 months.

____ I certify that I have been tobacco free for at least the last 6 months.

____ I certify that I have completed a tobacco cessation program on _____.

____ I have attached the documentation.

Name: _____

Signed: _____

Date: _____

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