

## 2020 ~ FSM Members Wellness Map ~2020



At Freedom Senior Management, we care about you and your wellness journey! Because of this, we offer opportunities for members (enrolled in FSM medical benefits) to *take a next step or even a first step* in that direction. This year, we have opportunities for you! Enclosed is a 'Roadmap' of those offerings. Please see Human Resources should you have questions!

### Wellness Discount

Submit bloodwork (must be within six months of enrollment) to HR during our annual open enrollment or within 60 days of new hire enrollment. If you meet 4 out of 5 wellness measurements, you will receive a discount on your health insurance!

### Tobacco Free Discount

Annual certification that you, and if applicable, your spouse is Tobacco Free. Submit certification at our annual Open Enrollment or at your new hire benefits enrollment for a discount on your health insurance!

### Fitness Reimbursement

This is a quarterly program requiring at least 12 approved fitness activities per quarter. Did you know that the reimbursement is \$97.50 every 3 months! That's \$390 per year!

### FREE Gym/Fitness Membership Options

For All Employees!



**Sarasota Bay Club Employees:**



**Jacaranda Trace employees:**

### Financial Wellness Series

Find financial freedom!

This three-part series is designed to help you deal with debt, understand budgeting and save for the future. Participants who complete this series will receive the best-selling book by Dave Ramsey 'The Total Money Makeover'!

### Fitness Challenge

Participation in a qualifying event (ex: 5K walk) earns you a \$50 reward! You will also receive a coveted Wellness Works Tervis Tumbler!

### 21 Days of Self-Care Challenge

We all need a little rest and relaxation...to refresh our minds and bodies. Practice 21 of 31 self-care acts during this 60-day challenge. Complete this activity and you will receive a \$25.00 gift card!

\*Maximum participation per challenge = 12

### CALM APP Challenge

*'Sleep more. Stress less. Live better.'*

This is a 14-day challenge you won't forget. Participants will be entered to win a one-year subscription to CALM! \$75.00 value

### Plant Based Health & Wellness Workshops

Dr. Dulaney, Cardiologist is back!

Learn how to live better... prevention, treatment and at times, even reversal of chronic illness.

You DO NOT want to miss these!

Enjoy good eats & learn about how your lifestyle impacts your health. Participants will be entered into \$50.00 gift card raffles.

Please see the 2020 Wellness Packet for Benefits Eligible Employees of FSM for more information/RAS requests. The 21 days of Self-Care Challenge is limited to 1x/year. Wellness Workshop participation is limited to 3x/year. CALM Challenge is limited to 1x/year. Fitness Challenge is limited to 1x/year and has a participant maximum capacity.