



# 2024 PROGRAM UPDATES

## What's **NEW** for 2024?

**Program Length:** January 1, 2024 to November 30, 2024

**Program Steps:** You will need to complete **4** Steps in order to receive your incentive for 2025

1. Complete your [2024 Health Questionnaire](#) prior to scheduling your first coaching session (**100 tokens**)
2. Complete **two (2)** coaching sessions: in-person, on the phone, or virtually (**100 tokens**)
3. Complete the annual bus or physical (**100 tokens**)
4. Complete **five (5)** options from the My Choice Menu (**50 tokens**)

**Total Tokens: 350**

**Wellness Coaching:** Quarterly onsite coaching\*

- Completed **two (2)** sessions are still required
- **Optional By Referral Only:** Meet with the PeopleOne Personal Pharmacist for your second scheduled session

*\*Dates & Times are subject to change*