Every employee and his or her spouse or domestic partner who will be covered by a Meredith medical plan in 2016 must complete the following items by October 2, 2015 to be eligible for both of our medical plans and receive the discounted wellness rates in calendar 2016:

- Age appropriate preventive exams
- Wellness screening
- Health risk assessment
- Incentive campaigns (Complete 3 of 5)
  - Live Healthy Meredith – Available January through March
  - Personal Financial Wellness Check-up – Available Starting in April
  - Occupational Wellness Assessment – Available Starting in May
  - On-site or Online Financial Workshop – Available Any Time
  - Volunteer Four or More Hours – Complete Any Time
- Wellness coaching and tobacco cessation program (if applicable)

If you and your covered spouse or domestic partner do not complete the program requirements, you will ONLY have access to one Meredith medical plan in 2016 with significantly higher deductibles and contribution rates.

Benefits-eligible employees who do not participate in a Meredith medical plan can complete the program for an $800 financial incentive for 2016.

Visit www.MeredithWellness.com for details and to start the program today.

Questions?
Email Wellness@Meredith.com.