

Get Paid to Work Out

Wellness Programs offered by your Health Insurance Carriers Small Employer Plans under 100 employees

Did you know your health plan offered by your employer might have built in Wellness Programs that pay you money to work out? for confirming you're a nonsmoker? for giving blood or participating in nonprofit fund raising events?

Wellness Savings of up to \$1095/year for individuals and more than \$2,400/year for families



- Up to \$600/year for Individuals 18+
- Up to \$2,400/year for a Family of 4 18+



- Up to \$1,095/year for Individual - \$90/mo.
- Up to \$2,190/year for Families - \$180/mo.



- Up to 15% of your Health Insurance Cost
- \$720/year or \$60/mo. Ex. individual plan that cost \$400/mo.
- \$2,700/year or \$225/mo for a family plan that cost \$1,500/mo.

**Didn't Know About this? Some carriers will still allow you to submit for 2021 OR
make sure you take advantage for 2022**

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