

Wellness Credit Template



Don't miss out! Earn rewards by participating in practices that encourage your physical, financial and mental health.

Did you know?

Your employer offers a voluntary wellness program. Make sure you know the benefits of the program so you can maximize your savings. Reference your employer's benefit guide to learn about your wellness program, and then use this template to keep track of your activities!

Fill it out, so you don't miss out!

ACTIVITY	DEADLINE	NOTES	COMPLETED (Y/N)
Annual physical/health screening (example)	6/1/2022		Y

Helpful tip!

Be sure to check your benefits guide so you can register to receive incentives and make note of the various deadlines if applicable.