









In order to promote healthier lifestyles and to help lower the cost of the Child Development Services medical plan in future years, here are some of the Wellness benefits offered to employees and their covered dependents.

WELLNESS BENEFITS OFFERED	HOW THEY ARE PAID
Nutritional Counseling 	100%
Weight Watchers Membership	100% paid up to \$750 per year
Routine Eye Exam	\$10 copay, then 100%; one exam per person every two (2) years 
Gym Reimbursement 	Employees will be reimbursed up to \$30 per month toward gym membership. Must be able to provide proof that you work-out at least 12 times per month (this is a taxable benefit)
Smoking Cessation	Medical plan pays 100% (deductible waived) Includes Rx's, patches, gum, etc. 
Routine Screenings (Includes pap, colonoscopy (age 50+), mammograms, PSA and allergy injections, when billed as office visit)	100% (no cost sharing)
Routine Well Child Care	100% (no cost sharing)
Routine Well Care (adult physical exams, annual OB-GYN exam, includes lab work)	100% (no cost sharing) 
Massage Therapy (physician prescribed)	\$30 copay (36 visits per calendar year)
Licensed Acupuncture 	\$30 copay (36 visits per calendar year)