



Wellness Program

for active City of Cheyenne full-time employees
(July 1, 2023- June 30, 2024)

Complete a total of 8 requirements (1-3 plus 5 additional Optional Wellness Activities) within the fiscal year to receive a \$300 incentive in your July 2024 paycheck!!

1) Annual Primary Care/Wellness Exam

(ex: physical, height, weight, blood pressure)

2) Annual Blood Draw

(City's annual blood draw or with a provider)

- A1C
- Glucose
- Cholesterol

3) Annual Dental or Eye Exam

4-8) Optional Wellness Activities

*(Please refer to the **Optional Wellness Activities form** for countless options!)*

Questions? Please contact:
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