



CHECKLIST

YOUR PERSONAL HEALTH JOURNEY STARTS NOW!

The Road Map features five check point categories to a healthier, happier life. Use this checklist to keep your personal health goals and journey on track.

HEALTHY HABITS

- Healthy Diet
- Regular Exercise
- Sun Protection
- Diabetes Management
- Smoking Cessation
- Back Care/Ergonomics

HEALTH CARE

- Annual Physical
- Bi-Annual Dental Cleanings
- Annual Vision Screening
- Telehealth & Urgent Care Visits

FINANCIAL WELLNESS

- Monthly Budget
- Pension/457b Checkup
- Flexible Spending Accounts
- 529 Education Savings
- Employee Discount

SELF CARE & GROWTH

- Employee Assistance Program
- PERC Career & Skills
- Healthcare Provider Apps:
 - Blue Shield Wellvolution
 - Kaiser Self-Care Apps

PEACE OF MIND

- Life Insurance
- Retirement Medical Trust
- Commuter Services
- Combined Giving



SBC Wellness App



Wellable App

