



Enhancing the Well-Being of our People

2020 Well-at-Work Annual Physical Confirmation Form

A routine physical examination ensures that you stay in good health. A physical can also be a preventive step. It allows you to catch up on vaccinations or detect a serious condition, like cancer or diabetes, before it causes problems. During a routine physical, your doctor can check vitals, including weight, heart rate, and blood pressure.

Based on test result, age, and personal health history, the exam is also an opportunity to discuss future prevention measures with your doctor. –healthline.com

Employees enrolled in the Christian Care Communities, Inc. sponsored health insurance plan wishing to qualify for the wellness incentive must receive an annual (routine) physical with lab work between **January 1, 2020 and December 21st, 2020.**

Employee Information

Employee Name (Please Print Clearly): _____

Employee's Community (Please Print Clearly): _____

Date of Annual (Routine) Physical Visit: _____

Physician Verification

I hereby certify that the above named person received an annual (routine) physical on the date noted above.

Physicians Name: _____

Physicians Signature: _____

To earn one of two wellness incentives, participants must submit proof of a 2020 annual physical no later than Monday, December 21, 2020 to their community's Wellness Champion.

