

# 2025 Employee Wellness Incentive Program Tasks

\* New Tasks

Employees must complete Ten (10) tasks (4 required and 6 optional) to get 2 wellness days	
<b>4 Required Tasks</b>	
<b>AETNA Insurance *</b> (required)	<i>must be enrolled under AETNA Webb County Health Insurance</i>
<b>Blood Pressure Checks</b> (required)	<i>four (4) blood pressure checks at least 1 week apart (kiosk machines)</i>
<b>Physical Exam</b> (required)	<i>at the Employee Clinic by appointment or with a Primary Care Physician (PCP)</i>
<b>Lab work</b> (required)	<i>at the Employee Clinic by appointment</i>
<b>Annual Check-ups (optional tasks)</b>	
<b>Primary Care Physician</b>	<i>proof of having a Primary Care Physician (PCP)</i>
<b>Dental cleaning</b>	<i>proof of dental cleaning</i>
<b>Vision exam</b>	<i>vision exam with optometrist/ophthalmologist</i>
<b>Hearing exam *</b>	<i>hearing exam with audiologist/otolaryngologists/ENT</i>
<b>Preventative Screenings (optional tasks)</b>	
<b>Allergy testing *</b>	<i>skin, blood, or challenge test</i>
<b>Bone density test *</b>	<i>DEXA scan</i>
<b>Blood donation *</b>	<i>complete (whole or double red cells) donation at blood drive</i>
<b>Cardiovascular Stress test *</b>	
<b>Cervical cancer screening test</b>	<i>well-woman exam (pap test) Papanicolaou test or cervical cytology</i>
<b>Colonoscopy</b>	
<b>Electrocardiogram (EKG) test</b>	
<b>Endoscopy</b>	
<b>Mammogram or Bexa exam</b>	
<b>Prostate Test</b>	<i>Prostate-Specific Antigen (PSA)</i>
<b>Skin cancer screening *</b>	<i>skin cancer screening with a dermatologist</i>
<b>Sleep study/sleep apnea test *</b>	
<b>InBody assessment *</b>	<i>available at the Employee Clinic by appointment; <b>Medical restrictions: pacemaker or implantable electronic medical device</b></i>
<b>Vaccines/Immunizations (optional tasks)</b>	
<b>Flu (Influenza)</b>	<i>seasonal vaccine (September 2024-June 2025) available at the Employee Clinic</i>
<b>COVID-19</b>	<i>most recent formulation</i>
<b>Td/TdaP (tetanus)</b>	
<b>Other Vaccine(s) *</b>	<i>one (1) completed series of: Shingles, pneumonia, HPV, RSV</i>
<b>Training / Education (optional tasks)</b>	
<b>Human Resource training</b>	<i>attend one (1) Human Resource training</i>
<b>Risk Management training</b>	<i>attend one (1) Risk Management training</i>
<b>CPR</b>	<i>complete CPR or Basic Life Support (BLS) certification</i>
<b>Dietician/ Nutritionist</b>	<i>meeting with a dietician/nutritionist</i>
<b>Smoking Cessation</b>	<i>participate in a smoking cessation program</i>
<b>Counseling session *</b>	<i>available thru Deer Oaks, a private provider, or a community provider</i>
<b>Gym membership *</b>	<i>provide verification of gym membership (minimum six months)</i>

Tasks must be done between: August 1, 2024 to September 30, 2025

Deadline to submit proof of completing tasks: September 30, 2025

Wellness day accruals may be used: January 1, 2025 to December 31, 2025

For more information or assistance, please call:

Public Health Services Department at **(956) 523-4021**



Scan QR code to submit your completed tasks.

You can schedule appointments at the Employee Clinic using the following links / QR codes:

**Physical Exam Appointment:**

<https://form.jotform.com/243364791216055>



**InBody Assessment Appointment:**

<https://form.jotform.com/250075318322146>



**Labwork Appointment:**

<https://form.jotform.com/250075846914159>



**Blood Pressure Readings at Healthbot Kiosk**



HOW TO CREATE AN ACCOUNT AT THE KIOSK:

1. Employee Username is WC + Employee ID Number (ex: WC1234)
2. Initial Password is 9999
3. The system will ask you to change your password

Use this website to access your historical information:  
<https://healthbotapp.azurewebsites.net/Account/Login>  
or scan this QR Code on your cell phone.



This is what the report will look like:

History

History of measurements for user: WC 1234

	HR	BP Sys	BP Dia	Weight lbs	Weight kg	O2 %	BMI	Steps
Max	72	122	79	166	75	0	31	0
Min	67	108	76	164	75	0	31	0
Avg	69.7	115.3	77.3	165.4	75.0	0.0	30.6	0.0

Date	HR	BP Sys	BP Dia	Weight lbs	Weight kg	O2 %	BMI	Steps
3/28/2024	70	122	79	164	74.6	---	---	---
3/20/2024	72	116	77	166	75.2	---	30.5	---
3/8/2024	67	108	76	166	75.3	---	30.6	---