

# 2024 Erie County Annual Wellness Pillars

Wellness exam verification and reasonable alternative form must be submitted to Firelands CHC no later than October 31, 2024

**You must meet the following criteria for each pillar:**

**Primary Care Visit  
\$450 Credit**



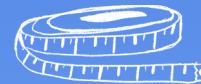
**Glucose or  
Hemoglobin A1C <100 / 5.7  
\$50 Credit**



**LDL or Chol/HDL Ratio: <130 / 5.0  
\$50 Credit**



**BMI or Body Fat  $\leq$ 29.9  
\$50 Credit**



**Blood Pressure Target -  $\leq$ 140/90  
\$50 Credit**



**Flu Vaccine  
\$50 Credit**



**Tobacco/Nicotine Target - None -  
\$50 Credit**



**Receive up to \$750 deductible credit on PPO Plan or  
up to \$750 Deposit into H.S.A on High Deductible Health Plan**

