

2025 Erie County Annual Wellness Pillars

Wellness exam verification and reasonable alternative form must be submitted to Firelands CHC no later than October 31, 2025

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 ≤ 29.9
\$50 Credit**



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



**Flu Vaccine
\$50 Credit**



**Tobacco/Nicotine Target - Negative-
\$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**

