

**Wellness
Coaches™**

Did You Know...

RWJ Fitness and Wellness Centers offer a discounted membership rate of \$50.00 to Middlesex County Employees.

**Earn an additional \$20.00 off by participating in Wellness Coaching and completing your annual physical.
See details below!**



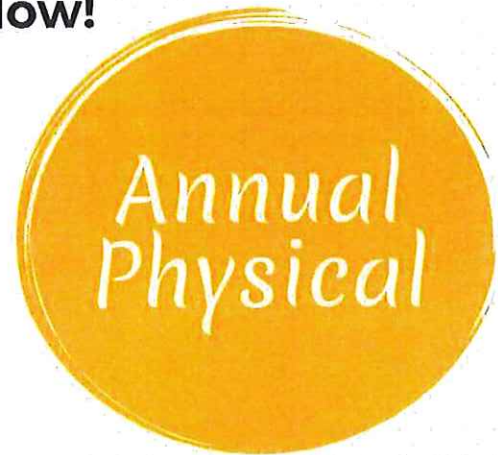
Complete 4 consults with your onsite Coach within the past 18 months:

To maintain enrollment, meet with your onsite Wellness Coach at least 1 time per quarter for 4 total times every 12 months.

Explore your current health, discuss your health and wellness goals, or have a blood pressure and/or body composition assessment.

All consults and biometric assessments with the Coach are 100% free and confidential.

Don't forget to visit the RWJ fitness center of your choice 8 times in a 30 day period to keep your discounted rate!



Complete your annual physical with your doctor within the past 12 months:

Make an appointment now with a healthcare provider within your benefits network plan. You will have 6 months from time of enrollment to have your first physical.

Your health plan covers one preventive wellness visit per year at 100% with no out-of-pocket cost to you.

Continued proof of yearly physicals is required to continue participation. Physical must be completed within 1 year of the date of your last physical.

Contact your Wellness Coach for more information.

Reimbursement will be received quarterly if all requirements have been met.