



CIMCO WellnessWorks Benefits

Health Alliance Health Ins.	Available After 90 Days	If you enroll in the Health Alliance Health Insurance Plan, they offer an Annual Phys
Wellness Screening	Available After 90 Days	Free Health & Wellness Screening available at no charge to all company employees January spouses who choose to enroll in the Company Health Insurance Plan will receive lower out c cost by having a Health & Wellness Screening upon enrollment in the Plan. Wellness Screenin confidential information concerning their health.
WellnessWorks Strategy	No waiting Period	WellnessWorks Strategy is focused on wellness results that make a differenc This program provides you with tools and information to positively impact your health, fitness This program will help you integrate healthy habits into your life and is available for all Participating in the WellnessWorks Strategy will not only help you live a healthy lifestyle but i Day(s) Off for choosing to live a healthy lifestyle.
Employee Assistance Program - EAP	No Waiting Period	EAP through Chestnut is a program that delivers courteous, professional, and confidential e They offer employee/dependent confidential assessment, counseling for personal or family resources and counseling for eldercare service, child care, child development, school perfor planning, continuing education, relocation assistance, time management, adoption and much r provided. Personal problems may affect health and well-being. If you or a family member are chemical dependency, emotional problems or even personal debt, the EAP can help. EAP a leading-edge behavioral health and human services. Their programs and services are designe challenges, thereby rebuilding lives and restoring families. The EAP has multiple locations confidential. Phone number: (800)433-7916 Website: http://chestnuteap.center
Smoking Cessation Programs	No Waiting Period or Available After 90 Days	Illinois Tobacco Quitline (866)QUIT-YES or (866) 784-8937 I Can Quit Program offered by Health Alliance for Health Alliance partici This is a phone based program that offers professional support and medicinal therapies https://healthalliance.org/healthexchange/Smoking.asp (866)) 345-!
Lung Awareness	No Waiting Period	Provena Central Illinois Regional provides a free Lung Awareness Test to all interested
Flu Shots & Cold Information	No Waiting Period	Flu Shots are provided in house once a year to interested employees at When the cold season comes, the company hands out various pamphli to prevent the flu, cold, and other common infections.
Hearing Test	No Waiting Period	CIMCO performs annual hearing tests at no charge for all employees
Health Wellness Events	No Waiting Period	The Company provides an Annual Wellness Events every year for all interested employees i Screenings, Cholesterol Screenings, Biggest Loser Contest, Walking Contest, Lung Capacity Shots, Lunch & Learns and more.
Weight Management Programs	Available After 90 Days	CIMCO holds Weight Loss Contests for interested employees. For the Weight Watchers Program and TOPS - Take Off Pounds Sensibly, CIMCO will provid to \$15.00 reimbursement to employees after each month of members!
Walking Program	No Waiting Period	CIMCO holds a walking contest for their employees once a year, with the benefits of walking information.
Wellness Bulletin Boards	No Waiting Period	Each month, new topics are posted in each building on WellnessWorks Bulletin Boards. Th Stretching & Flexibility, Getting Fit, Weight Loss, Heart Health, High Blood Pressure, Choleste Work, Cancer Prevention, Diabetes, Nutrition, Manage & Organize your Health & Finance Cessation, Upper Respiratory: Eyes, Ears, Headaches, Cold & Flu, Asthma & Allergies and Stress, and other information.

WellnessWorks Benefits

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CIMCO employees.

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Managing & Coping with