



## Certification of Wellness Participation

This certificate of wellness participation outlines the requirements for your company to receive a 5% premium discount on your 2022 medical plan. Your group must meet the two requirements outlined below between January 1, 2023 and December 31, 2023.

### Certificate of Wellness Participation

1. **Participate in an approved Worksite Wellness workshop, facilitated by Johnson Benefit Planning and PacificSource Health Plans.**
2. **Commit to promoting the Winning at Wellness Monthly Toolkit at your office.** (Sign up for the Winning at Wellness email newsletter and commit to hanging posters and disseminating the newsletter article to employees each month).

By signing below, I affirm I have read and understand the information in this certificate.

**Return this signed certificate to Johnson Benefit Planning along with your new group enrollment forms.**

Company Name: \_\_\_\_\_ Date \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Title: \_\_\_\_\_