

# YOU COULD SAVE UP TO \$720!

**PARTICIPATE IN THE 2025 MAC TRAILER WELLNESS PROGRAM AND  
SAVE UP TO \$720 IN YOUR PAYCHECK THROUGHOUT 2026!**

The 2026 MAC Trailer total potential Wellness incentive is \$720.

## STEP 1 – COMPLETE BIOMETRIC SCREENING AND EARN \$20 A MONTH

- ✓ Visit the MAC Health & Wellness Center or your primary care physician and complete a biometric screening between Nov. 1, 2024 and Oct. 31, 2025 to be eligible for the incentive.
- ✓ If biometrics are completed by your physician, please submit the PCP biometric form and schedule an appointment with a health and wellness team member to review your results by Oct. 31, 2025.

## STEP 2 – VISIT YOUR PRIMARY CARE PHYSICIAN AND EARN \$20 A MONTH

- ✓ Complete between Nov. 1, 2024 – Oct. 31, 2025.

## STEP 3 – REACH TARGETS AND EARN \$10 A MONTH

- ✓ Meet biometric targets.
  - BMI  $\leq$  29 or body fat % within recommended range for age/gender
  - Blood pressure  $\leq$  130/85
  - Fasting glucose  $\leq$  100
  - LDL  $\leq$  130



## STEP 4 – SIGN THE NON-NICOTINE USE AFFIDAVIT AND EARN \$10 A MONTH

\*\*\*ATTENTION: If a spouse is covered on the plan, both the spouse and the employee must complete each step to receive the incentive. If only you, as the employee, are covered on the plan, your spouse does not need to participate.

If you believe you need a reasonable alternative option to the program or have any questions, please see Human Resources or contact a Health and Wellness Center team member at <https://www.aultcare.com/mactrailer>

