

WELLNESS INCENTIVE PROGRAM

Kellogg's will pay:

- \$100 for completion of an annual physical, conducted by your primary care physician.
- \$ 5 for BMI (body mass index), cholesterol test, glucose test, blood pressure exam.
- \$10 for each follow-up exam within the same year showing improved results.
- \$25 for Flu Shots
- \$25 for each, group exercise class, fitness boot camp, sporting league, or other sponsored exercise event you participate in such as: walks, runs, marathons, etc... (3 hour minimum participation)
- \$500 year-end raffle (only employees awarded any monies described above are eligible to enter)