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Jackson-FIT



This program is an annual, voluntary wellness program designed to motivate you to maintain and improve your well-being by offering a cash incentive for the completion of eligible activities. Employees enrolled in any of the Jackson insurance plans are eligible to participate.

**We encourage you to get started by following the steps below:**

### STEP 1: COMPLETE YOUR PERSONAL HEALTH ASSESSMENT (PHA)

Complete the REQUIRED online Personal Health Assessment (PHA) by visiting [avmed.org/JHS](https://avmed.org/JHS)

### STEP 2: ANNUAL WELLNESS VISIT

Schedule your annual wellness visit and have your healthcare provider complete the 2025 Annual Wellness Visit - Provider Verification Form to certify your visit.

[CLICK HERE FOR THE ANNUAL WELLNESS VISIT - PROVIDER VERIFICATION FORM >>](#)

### STEP 3: COMPLETE THE WHEEL OF WELLNESS TO EARN YOUR CASH INCENTIVE

Reward Scale:

• 50 Points - \$50 • 75 Points - \$75 • 100 Points - \$150

### DEADLINE

Earn your points by Dec. 1, 2025 and receive your reward in January of 2026 (Employees must be in active pay status at the time of payment)! For certain activities, there are requirements that must be met in order to earn points. If you have any questions, contact Employee Benefits at [HR-Benefits@jhs-miami.org](mailto:HR-Benefits@jhs-miami.org).



If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at [HR-benefits@jhs-miami.org](mailto:HR-benefits@jhs-miami.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.