

# Wellness Plan

## Biometric Screening Program and Healthy Lifestyle Credits

As we continue our efforts to make BDS a safe and healthy place to work, Bio-Metric Screenings are offered to all full-time employees. Once again, we had great participation in our screenings. When you were tested, you were informed of your total credits. Below, you will see the Healthy Lifestyle Chart showing the credit breakdown. The total of these credits will be deducted from your bi-weekly premium contribution for your health coverage.

## 2026-2027 Employee Medical Bi-Weekly Payroll Deductions

PLAN A	Standard Payroll Deduction	Biometric Discount	Tobacco Free Credit	BMI Credit	Blood Pressure Credit	Blood Lipids Credit	Glucose Credit	Payroll Deduction w/ Healthy Lifestyle Credits
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Employee	\$240.80	\$10	\$30	\$20	\$10	\$15	\$15	\$140.80
Employee + Spouse	\$380.80	\$10	\$30	\$20	\$10	\$15	\$15	\$280.80
Employee + Child(ren)	\$324.80	\$10	\$30	\$20	\$10	\$15	\$15	\$224.80
Employee + Family	\$436.80	\$10	\$30	\$20	\$10	\$15	\$15	\$336.80

PLAN B	Standard Payroll Deduction	Biometric Discount	Tobacco Free Credit	BMI Credit	Blood Pressure Credit	Blood Lipids Credit	Glucose Credit	Payroll Deduction w/ Healthy Lifestyle Credits
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Employee	\$179.20	\$10	\$30	\$20	\$10	\$15	\$15	\$79.20
Employee + Spouse	\$280.00	\$10	\$30	\$20	\$10	\$15	\$15	\$180.00
Employee + Child(ren)	\$237.44	\$10	\$30	\$20	\$10	\$15	\$15	\$137.44
Employee + Family	\$336.00	\$10	\$30	\$20	\$10	\$15	\$15	\$236.00