

Whatcom County Fire District No. 7 Annual Wellness Check Program

Whatcom County Fire District #7 is starting an incentive program to have all full time employees go in for annual wellness exams. Your medical insurance allows for a wellness exam every year without co-pay. Your doctor will perform these exams and the results are kept confidential between you and your doctor. The district will remind you to make an appointment and allow you to go while on duty. You will not be charged sick time for this visit.

This is a voluntary program; you do not have to participate. You can opt in or out at any time. You will need to check the daybook and with Assistant Chief Hoffman for any conflicts when scheduling your appointment. You will all so need to fill out a “request for time off” form when the appointment is made.

Yes I would like to participate: _____(initial)

No I would not like to participate: _____(initial)

When was your last wellness exam? _____

What month would you like to have your exam? _____

Signature

Date

Contact DC Crosswhite with any questions.