

CHI Program Requirements

Complete within

All requirements must be completed by the due date and completed in order to be eligible for the CHI Program

Set Date

1 month

3 months

6 months

9 months

12 months

➤ **Enrollment into the CHI Program**

- Complete all enrollment paperwork and turn into the HR Office

➤ **Biometrics Screening**

- Complete the biometric screening on site or have the form filled out by your Physician

➤ **1st Health Coach Meeting**

- On-site meetings with your health coach are offered during the 2nd month and must be completed by the 3rd month

➤ **1st Health Course**

- All 1st year members must take the Health Talk course
- If member uses tobacco, their 1st health class must be Tobacco Cessation Course

➤ **Establish a PCP (Primary Care Physician)**

➤ **2nd Health Coach Meeting**

- On-site meetings with your health coach are offered during the 8th month at your workplace and must be completed by the 9th month

➤ **Complete a Physical**

- If a physical has not been completed in less than 3 years, one must be set as the health goal and completed

➤ **2nd Health Course**

- Determined best course for accomplishing your health goal with your health coach during your meetings

12 Month Plan