

# Benefits Update

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## FREE WELLNESS SCREENING

### Catapult Health to conduct free on-site wellness screenings

Each year you are required to get a wellness screening in order to avoid the medical plan surcharge. We know it can be tough to fit in a trip to the doctor -- everyone is busy. But Michaels has partnered with Catapult Health to offer you a no-cost check up right where you work. Participating will satisfy the medical plan wellness requirement and you will avoid the surcharge for the next plan year.

#### How it Works

Check the schedule to see when Catapult will be in your work location. Find a time that works for you, register and in just a few minutes, you AND your spouse/domestic partner can gain valuable insights into your health. You will also avoid the medical plan surcharge. Learn more on [The MIK](#).

#### Upcoming On-Site Screening Dates!

Here are upcoming location and dates for Catapult Health screenings:

- **Hazelton DC** – May 16-17
- **Tracy DC** – May 21

You can find the full schedule for other Michaels locations on [The MIK](#).

1. Team Members and Covered Spouses/Domestic Partners enrolled in a Michaels medical plan are eligible to [register online for an in-person wellness exam](#).
2. Complete your on-site checkup and book your virtual consultation in under 15 minutes.
3. Review your results with a certified Nurse Practitioner and receive personalized recommendations on how you can improve your health and well-being.
4. Once you complete these three steps you will have completed your wellness exam requirement for the medical plan which starts July 1.

[Schedule Your Appointment](#)

If you, or you and your spouse/domestic partner are enrolled in a Michaels medical plan, you each need to complete an annual physical between July 1, 2023, and June 30, 2024, to avoid paying a \$30 per paycheck surcharge per person on your medical premiums beginning with the July 26, 2024 paycheck.

Remember, if you can't attend one of the on-site events, and you don't have time to see your own doctor, you can order a [VirtualCheckup home kit from Catapult Health](#). The kit will be mailed to your home where you'll check your blood pressure, collect a small blood sample, and complete a few other easy tasks. Then you can schedule your videoconference with a Nurse Practitioner. If your spouse is covered by the Michaels medical plan, they may also request a VirtualCheckup kit.

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