

Benefits Update



FREE WELLNESS SCREENINGS -- LAST CHANCE Catapult Health to conduct free on-site wellness screenings

We know some of you may have missed the opportunity to get a wellness screening at work. So we are bringing Catapult back one more time so that you can complete your wellness requirement right at work, and at no charge.

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](#).

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.

Support Center/Royal Ridge!

Get your on-site checkup. Last opportunity at this location:

- **Royal Ridge** – June 10
- **Support Center** – June 10

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

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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