

**Transport Workers Union-MTA Health & Welfare Trust**  
**2013 - 2014 Wellness Program**

<p><b><u>Phase 1 of the Wellness Program</u></b>  Biometric Screening &amp; Health Assessment  September 24 - 27, 2013  October 1 - 4, 2013  3:00p.m. - 8:00p.m.  Walking - October 15, 2013 - December 19, 2013  (Tuesday, Wednesday and Thursday)</p>	<p><b><u>Requirements for Phase 1</u></b></p> <ol style="list-style-type: none"> <li>1. Biometric Screening</li> <li>2. Health Assessment</li> <li>3. Wellness Exam</li> <li>4. Lifestyle management (on-line)</li> <li>5. Walking - must complete 8 days per month</li> </ol>	<p><b><u>Phase 1 Point - 75</u></b></p> <p>All participants in the program <b><u>must</u></b> complete all five (5) components to receive <b>75 Points</b></p>
<p><b><u>Phase 2 of the Wellness Program</u></b>  Boot Camp  October 19, 2013 through December 14, 2013  Saturday <b>ONLY</b></p>	<p><b><u>Requirements for Phase 2</u></b></p> <ol style="list-style-type: none"> <li>1. Biometric Screening</li> <li>2. Health Assessment</li> <li>3. Wellness Exam</li> <li>4. Lifestyle management (on-line)</li> <li>5. Boot camp - must complete <b>all</b> Saturdays</li> </ol>	<p><b><u>Phase 2 Point - 100</u></b></p> <p>All participants in the program <b><u>must</u></b> complete all five (5) components to receive <b>100 Points</b></p>
<p><b><u>Phase 3 of the Wellnes Program</u></b>  Line Dancing, Zumba &amp; Yoga  January 14, 2014 through April 24, 2014  (Tuesday, Wednesday, Thursday)</p>	<p><b><u>Requirements for Phase 3</u></b></p> <ol style="list-style-type: none"> <li>1. Biometric Screening</li> <li>2. Health Assessment</li> <li>3. Wellness Exam</li> <li>4. Lifestyle management (on-line)</li> <li>5. Walking - must complete 8 days per month</li> </ol>	<p><b><u>Phase 3 Point - 75</u></b></p> <p>All participants in the program <b><u>must</u></b> complete all five (5) components to receive <b>75 Points</b></p>
<p><b><u>Phase 4 of the Wellness Program</u></b>  Boot Camp  January 18, 2014 through May 3, 2014  Saturday <b>ONLY</b>  Biometric Screening &amp; Health Assessment  May 13, 2014 through May 23, 2014</p>	<p><b><u>Requirements for Phase 4</u></b></p> <ol style="list-style-type: none"> <li>1. Biometric Screening</li> <li>2. Health Assessment</li> <li>3. Wellness Exam</li> <li>4. Lifestyle management (on-line)</li> <li>5. Boot camp - must complete <b>all</b> Saturdays</li> </ol>	<p><b><u>Phase 4 Point - 100</u></b></p> <p>All participants in the program <b><u>must</u></b> complete all five (5) componenets to receive <b>100 Points</b></p>