

**Hodge Company
Corporate Wellness Program
June 1, 2011 – May 31, 2012**

Wellness Program Benefits:

- Professional Wellness Coaching/Advice
- Wellness Programming/Activities
- Hodge Company Wellness T-shirt (receive after 1st qtr)
- Difference on Hodge Company Insurance Premium
\$30/single, \$45/family on a monthly basis (**receive quarterly**)

Wellness Participant must:

1. Attend & participate in all **Wellness meetings**, of which there are 6 meetings/year. Meetings are held every other month along with the Safety meeting. If one meeting of the six is missed, it must be excused (vacation or illness). A second absence will **disqualify** employee from the Wellness insurance premium discount for that quarter.

2. Participate in **6 wellness events/year**,
At least 1 event/quarter i.e. “Biggest Loser”, “Move it in May!”
You may also submit a fitness/wellness “event” held in your area, as it may qualify. **Must have two events complete by November, 2011.**

The Hodge Company Wellness Program is available to all employees and the wellness programming/activities are available to insured spouses, as well.

Questions?
Contact Connie Hodge
563-590-0151
cbhinc@hodgecompany.com
www.cbh-inc.com

I understand the requirements & benefits as stated above and would like to participate in the Hodge Company Wellness Program this year, June 1, 2011 – May 31, 2012.

_____ YES _____ NO DATE _____

I have carefully read the agreement on the back of this document and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Hodge Company and sign it of my own free will.

Print Name

Signature