



## **MKB Wellness Month Checklist**

**Check off the activities you complete and submit this sheet (or email proof) to  
HR@mkbcompany.com for prize entries!**

### **1 ENTRY EACH**

- Visit our wellness website (DONE!) & if applicable, send it to your spouse — they can participate, too!
- Login/Register to The Standard
- Register for HealthJoy
- Login/Register to your healthcare account (UMR for those on MKB's medical plan)
- Login/Register for Teledoc
- Schedule your annual physical
- Schedule a preventative healthcare appointment (dental, vision, age specific, etc.)
- Participate in a team building trivia put on by your manager
- Participate in the virtual art show on Padlet / coloring contest (each coloring sheet = 1 entry)
- Complete the wellness word search
- Complete the insurance crossword puzzle
- Do a Random Act of Kindness

### **2 ENTRIES EACH**

- Participate on the virtual gratitude board on Padlet
- Increase 401k contribution by 1-2%
- Join our Standard/Oswald Webinar, Thursday 10/9/2025 at 12:30PM EST via Zoom
- Schedule and attend the Oswald 1:1 Meeting (Belleville & Covington schedule separately)
- Go to your annual dental cleaning/exam
- Sign up and participate in a local run or walk
- Get your flu shot
- Volunteer on your own time (animal shelter, youth coach, etc.)
- Complete your physical exam (already completed one this year? AWESOME! email us proof for credit!)
- Complete your preventative health care appointment (1 entry each – already completed one this year? AWESOME! Email us proof for credit!)

- Winner of the team building office trivia – only those that participated!
- Complete 20 out of 30 activities in the Mental Health Challenge

### **3 ENTRIES EACH**

- Complete your water intake goal for the MONTH
- Increase 401k contribution by >3%
- Participate in the step challenge all month
- Participate in the Stretch Sessions every day for the week
- Complete ALL 30 activities in the Mental Health Challenge
- Complete all of the following: Establish your PCP, Schedule your physical exam with bloodwork, Sign-up for Teledoc and HealthJoy

## **GRAND PRIZE ENTRY**

- Average at least 5000 steps/day in the step challenge
- Complete all of the following:
  - Establish your PCP
  - Complete your physical exam with bloodwork
  - Sign-up for Teledoc and HealthJoy
  - Complete one preventative appointment (dentist, gynecologist, dermatologist, etc.)