

2025-2026 Wellness Program Overview



Complete these three steps by **July 31, 2026** to receive your wellness credit on your 2026-27 medical insurance.

STEP 1 - COACHING SESSIONS

Meet with, Linda Case, your Lacher health coach **twice** during the program year.



Linda Case
Health Coach
215-734-1561
linda@lacherinsurance.com

STEP 2 - ANNUAL PHYSICAL & LAB WORK

Provide proof of your annual physical with gender- and age- appropriate blood work as ordered by your Primary Care Provider.



STEP 3 - SUBMIT FORMS

Turn in your completed forms to Linda Case by email, in person, or by placing them in the secure lockbox on site. You have until **July 31, 2026** to complete these steps!

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