



LIFE Education Session Verification Form

Attend 4 LIFE education sessions throughout the year as part of your 2023 Wellness Incentive Program. Directly below, please record the name of the session and the date completed. Then, fill out the reflection questions and sign/date at the bottom. You must upload this completed form to your PeopleOne Health portal to earn credit for the LIFE education session.



Name of session: _____

Date completed: _____

Reflection Questions



What are two (2) things you learned?

How can you apply what you have learned to your own life to help you reach your health goals?



Participant name (please print): _____

Participant signature: _____