



MDS Fitness

Benefit Options 2019-2020

QUARTZ HEALTH INSURANCE

Health Insurance	HMO	
Deductible	No Deductible	
Coinsurance	No Coinsurance	
Out of Pocket Max.	\$4,6 00	
Physicians Visits	\$20	
Specialist Visits	\$20	
Labs & X-Rays	Covered in Full	
ER Visit	\$100	
Urgent Care	\$40	
Hospital	Covered in Full	
Drug Coverage	\$10/\$35/\$60	

HMO DENTAL INSURANCE OPTION WITH PRINCIPAL

	Calendar Year Deductible	Coinsurance (policy pays)	Maximum Benefit per Calendar Year	
Preventative	No Deductible	100%	\$1,000	
Basic	\$50 Single \$150 Family	80%	\$1,000 Calendar Year Maximums Combined for all procedures.	
Major	\$50 Single \$150 Family	50%		

VISION INSURANCE OPTION WITH PRINCIPAL

Exams	\$20	Once per 12 months
Frames	\$75	One set 24 months
Lenses	\$50 (Single Vision)	One pair per 12 months
Contacts	\$125 (First year)	Per 12 months
	\$50 (Second year)	Per 12 months

^{***} Locate a dentist & eye doctor at www.principal.com

PLAN COST PER CHECK (PAID BI-MONTHLY ON 1ST & 15TH)

	Quartz- Health	Principal- Dental	Principal- Vision	Total / Monthly
Single	\$80.13	\$3.93	\$1.82	\$85.88 / \$171.76
E+S	\$259.30	\$22.42	\$5.08	\$286.80 / \$573.60
E+C	\$230.11	\$26.91	\$4.69	\$261.71 / \$523.42
Family	\$402.12	\$48.19	\$7.25	\$457.56/ \$915.12

INSURANCE STARTS ON THE 1ST OF THE MONTH

<u>AFTER</u> 60 DAYS OF EMPLOYMENT

RETIREMENT

401(K) AFTER 6 MONTHS OF EMPLOYMENT.

Company will match up to 3% of your contribution. You can invest up to 6%. Can contribute up to 3% in Roth IRA, as well.

LIFE INSURANCE & DISABILITY

LIFE INSURANCE AND AD&D (BOTH VALUED AT \$25,000) & LONG-TERM DISABILITY (MUST OPT IN). ALSO AVAILABLE: VOLUNTARY LIFE, SHORT-TERM DISABILITY, & AD&D.

WORKING HOURS

MONDAY - THURSDAY 11:00 AM - 7:00 PM

(Tuesdays and Thursdays, we have Professional Development at 10:00 am)

Friday 7:00 Am - 12:00 Pm

TIME OFF

PAID TIME OFF 7-10 DAYS ACCRUES AFTER 60 DAYS OF EMPLOYMENT

HOLIDAYS NEW YEARS DAY*, MEMORIAL DAY, JULY 4TH, LABOR DAY,

THANKSGIVING, DAY AFTER THANKSGIVING*, CHRISTMAS

*-VARIES YEAR-TO-YEAR DEPENDING ON SALES.

COMPANY DAY TRIPS A FEW TIMES OUT OF THE YEAR, WE WILL ALL MEET AS A

COMPANY FOR PROFESSIONAL DEVELOPMENT/DAY TRIP. SOME FORMER DAY TRIPS INCLUDE ICOMBAT, PAINTBALL, GOLF, MOVIES.

SOMETIMES THESE ARE A WORK/PLAY GETAWAY.

EMPLOYEE ASSISTANCE PROGRAM

EMPLOYEE DISCOUNT SHOPPING PROGRAM

FREE CEU'S/CEC'S IDEA CLUB CONNECT

(DISCOUNTED PERSONAL TRAINING CERTS)

FREE MEMBERSHIP TO OVER 4000 ANYTIME FITNESS GYMS

COMPLIMENTARY MEMBERSHIP FOR SIGNIFICANT OTHER.

EMPLOYEE GETAWAY!!!

COMPENSATION SALARY + COMMISSION* + BONUS*

THE BENEFITS LISTED ABOVE IS A SUMMARY OF BENEFITS, SUBJECT TO CHANGE.