



INTEGRIS Sponsored Volunteering Opportunities

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

- I-Crew
 - The goal of the INTEGRIS Crew (I-crew) is to unite and support INTEGRIS Health employees in living our mission through volunteer activities and community outreach across the state. I-Crew events are offered system wide.
 - **Program Guidelines:**
 - Complete at least 3 I- Crew events
 - Submit a verification form upon completion

- Mobile Meals
 - INTEGRIS Health partners with Mobil Meals of Okla. County to provide meals to senior citizens or individuals with disabilities within and around the neighborhood of INTEGRIS Baptist Medical Center. Delivery of meals happens Monday through Friday, excluding holidays.
 - **Program Guidelines:**
 - Complete at least 9 deliveries
 - Submit a verification form upon completion