



# Making Wellness Work

## City of Concord Wellness Program



### Why Should I Participate? What's In It For Me?



**All full time City employees and City-insured spouses are eligible to participate in the City of Concord's Wellness Program.**

*If you are an employee, even if you do not elect health insurance, you are eligible to participate and earn up to \$250 in Wellness points (dollars). This program is voluntary and designed to help you reach your goals, stay motivated and save you money.*

- You may earn up to **\$250 Wellness Points** (per participant) to offset the cost of your Health insurance. If you opt out of insurance, you would receive the \$250 Wellness points as cash in your paycheck. \$250 Wellness points equates to \$5.21 per paycheck!
- You and your city-insured spouse could each receive an additional **\$200 CASH** by participating in the Fitness Incentive Program\*.
- You and your city-insured spouse could each receive up to **\$300 in reimbursements\*** (per participant) if you participate in an approved health education or exercise class (for example - Zumba, Jazzercise, Weight Watchers, Parenting Education, or Disease Management education sessions). **Remember:** up to \$100 of this allotment can be used for non-motorized race entry fees or sports registration fees (does not include rental of any associated equipment). Will need to provide proof of completion of each event.
- You may earn prize incentives for your participation in Wellness programs such as the Fall into Winter or Step into Spring walking promotions.

### What do I need to do to start earning \$\$?

1. Complete a Wellness Registration form
2. Watch a virtual Beneflex education session in May of 2020 if you did not attend in 2019
3. Provide proof of a screening (Blood Pressure, Dental Visit, Annual Physical)\*\*
4. Complete the Wellfit Challenge
5. Complete 1 Exercise Unit
6. Complete 1 Wellness Education Unit
7. Complete 2 additional units (either exercise or education or one of each)

Each time you participate in an education session, a screening or complete 3 months of exercise you earn Wellness points that will be awarded to you in May during Open Enrollment.

\* You must be on the city's medical insurance to be eligible for this program and all exercise must be completed at an approved fitness facility.

\* Or you can obtain during an onsite screening held during the year.

*Funding for the City's Wellness Program or any portion thereof as described in this document is subject to annual appropriation by City Council*