



# Making Wellness Work

## City of Concord Wellness Program

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



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 will 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 **\$300 CASH** by participating in the Fitness Incentive Program\*.

*(\$150 every 6 months)*



You could receive up to **\$500** in reimbursements and your city-insured spouse can receive up to **\$350** in reimbursements if you participate in an approved health education or exercise class (for example - Zumba, Jazzercise, Weight Watchers, Parenting Education, or Disease Management education sessions)\*.

*Proof of completion needed for each event.*



Upon achieving the **\$250 wellness points**, you will be able to continue earning points through the online portal to be entered into drawings for prizes.

\*To qualify: You must be a full-time city employee. Your spouse must be on the city's medical insurance. This program is voluntary and designed to help you reach your goals, stay motivated and save you money.

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

1. Go online to Harvard Pilgrim at [www.harvardpilgrim.org/livingwellportal](http://www.harvardpilgrim.org/livingwellportal).
2. Register for the Wellness Program and download the WebMD app to your mobile device.
3. Digitally sign the wellness registration form.

### Optional Components

1. Watch a virtual Beneflex education session
2. Screening Attestation—will need to indicate the screening
3. Health Risk Assessment
4. Fitness activity – can be synced to wearable fitness tracker/device
5. Any combination of educational activities

*Each time you participate in an any of these activities, you earn Wellness points. Those wellness points will be awarded in July.*