

# Wellness Your Choice Milwaukee

## Phase 2: Healthy Rewards

Healthy Rewards 2016

The program  
runs from  
July 1, 2015  
until June 30, 2016

**Do you want the opportunity to earn a \$250 Health Reimbursement Account (HRA) to offset your out-of-pocket health care expenses?**

If you complete the 2015 3-step Health Appraisal process, you are automatically eligible for Phase 2, the Healthy Rewards program. If you think you might be unable to meet a standard for a reward under this program, you may qualify for an opportunity to earn the same reward by different means. Contact Workforce Health at 414-777-3410 and we will work with you.

**There is no sign up process for this program; you can start earning additional points right away!  
Here is how you get started:**

**1. Earn Points From Biometrics:** Key biometric results from your 3-step Health Appraisal process will be used to award you points. If you are in the optimal category for each measure or have improved a category since your 2014 Health Appraisal, you earn 10 points per measure. The measures are:

- Blood Pressure (*Recheck available at the Wellness Center*)
- Waist Circumference (*Recheck available at the Wellness Center*)
- Fasting Blood Glucose (*Recheck available at the Workplace Clinic*)
- LDL (*Recheck available at the Workplace Clinic*)
- Nicotine and Cotinine (*10 points if negative in 2015; 20 points if you tested positive in 2014 and negative in 2015*)

**A minimum of 20 points must come from this section.** If you earn less than 40 points for this section, you must complete a 15-minute coaching session. There is no need to submit paperwork for your lab work, We will do all of the calculations and award your points automatically! Check your point total beginning February 1, 2016.

**2. Earn Points From Activities:** Refer to the chart on the next page to learn how you can earn activity points. All activities must take place between July 1, 2015 and June 30, 2016. Visit the new City of Milwaukee Wellness portal website at [www.workforcehealth.org/cityofmilwaukee](http://www.workforcehealth.org/cityofmilwaukee) to view your point status. Username and password are the same from the 3-step health appraisal process. Points can be submitted through email ([cityofmke@froedtert.com](mailto:cityofmke@froedtert.com)) or fax (262-253-5152) and at the City's Wellness Center.

**3. Reach 100 Points, Collect Award:** When you reach 100 points, \$250 will be added to your Health Reimbursement Account. Unused monies roll over year to year as long as you maintain employment with the City of Milwaukee, or for 3 years after employment ends. **BONUS:** Your spouse or domestic partner is also eligible for Healthy Rewards, provided they also complete the 3-Step Health Appraisal. This means your family could earn \$500 to offset health care expenses.

**Questions? E-mail [cityofmke@froedtert.com](mailto:cityofmke@froedtert.com) or call 414-777-3410.**



Last updated: 2/5/2016



# Healthy Rewards Point Opportunities

Earn 100 points total to earn a \$250 HRA

**Biometric Point Opportunities-** A minimum of 20 points must come from this section!

Blood Pressure	Optimal category or improve a category from 2014 to 2015. <i>Eligible for recheck at the Wellness Center after February 1, 2016.</i>	10 points Maximum: 10 points
Waist Circumference	Optimal category or improve a category from 2014 to 2015. <i>Eligible for recheck at the Wellness Center after February 1, 2016.</i>	10 points Maximum: 10 points
Fasting Blood Glucose	Optimal category or improve a category from 2014 to 2015. <i>Eligible for recheck at the Workplace Clinic after February 1, 2016. Appointment required.</i>	10 points Maximum: 10 points
LDL	Optimal category or improve a category from 2014 to 2015. <i>Eligible for recheck at the Workplace Clinic after February 1, 2016. Appointment required.</i>	10 points Maximum: 10 points
Nicotine and Cotinine	Negative test for 10 points. Negative in 2015 after positive in 2014 for 20 points.	10 or 20 points Maximum: 20 points

Category ranges can be found at: <http://city.milwaukee.gov/DER/Benefits2016/HR>

**Potential biometric points: 60**

## Activity Point Opportunities

15-Minute Coaching or Nutrition Session	Meet with a Workforce Health coach or registered dietitian to discuss your health goals. May be done in person or telephonically. (One session per week allowed). <b>One session is required</b> if you earn less than 40 biometric points. Schedule at <a href="http://www.pickatime.com/healthyrewards">www.pickatime.com/healthyrewards</a>	10 points each Maximum: 30 points
Annual Dental Exam	Show a copy of your explanation of benefits or a paid bill.	10 points Maximum: 10 points
Preventative/Wellness Exam	Show a copy of your explanation of benefits or a paid bill.	10 points each Maximum: 20 points
Primary Care Physician Release	Your full lab results will be sent to your PCP.	10 points Maximum: 10 points
Blood Pressure Checks	Complete five blood pressure checks at the Wellness Center.	5 points Maximum: 5 points
Annual Flu Shot	Show a copy of your explanation of benefits, a paid bill or sign a release when WFH provides the shots in fall 2015.	5 points Maximum: 5 points
UHC mobile app or MyUHC.com sign up	Show a copy of your new or existing MyUHC.com welcome page or a screen shot from your phone of the UHC Health4Me app for proof.	5 points Maximum: 5 points
Group or Department Programs	Please visit <a href="http://city.milwaukee.gov/DER/Benefits2016/HR">http://city.milwaukee.gov/DER/Benefits2016/HR</a> for more info and a schedule of programs.	Varies Maximum: 30 points
Lunch 'N Learns	See <a href="http://city.milwaukee.gov/DER/Benefits2016/HR">http://city.milwaukee.gov/DER/Benefits2016/HR</a> for a schedule.	Attend 2, receive 5 points Maximum: 15 points
Market Box or Consumer Supported Agriculture Sign Up	Show a copy of a paid bill. To enroll, visit: <a href="http://www.growingpower.org">www.growingpower.org</a> , <a href="http://www.farmfreshatlas.org">www.farmfreshatlas.org</a> or <a href="http://www.urbanecologycenter.org">www.urbanecologycenter.org</a> Visit the Wellness Center for more information.	5 points each Maximum: 5 points
Physical Activity (no self-report)	Submit proof for 4 weeks in a row of physical activity: <ul style="list-style-type: none"> <li>• 10,000 step average per day (for 5 days per week) <u>or</u></li> <li>• 150 minutes of activity per week for biking, swimming, running or walking <u>or</u></li> <li>• 8 classes or general visits at an athletic club or combination</li> </ul> Submit proof of an organized athletic event (walk, run, triathlon, etc.).	5 points each Maximum: 30 points

Check your points at [www.workforcehealth.org/cityofmilwaukee](http://www.workforcehealth.org/cityofmilwaukee)

**Potential activity points: 165**