

# Phase II

# Healthy Rewards



To be eligible for **Phase II**, you must complete **Phase I**

**Healthy Rewards** is the City's incentive-based wellness program where you complete 100 points total to earn \$250 in a Health Reimbursement Account (\$500 if spouse/ domestic partner completes program).

### How the program works:

- Employees/spouses/domestic partners who complete the **3-Step Health Appraisal process** are automatically awarded biometric points for lab results.
- Workforce Health compares your 2015 and 2016 lab results. Each category in the optimal or improved range earns 10 biometric points. (See Biometric Category Range table on the Department of Employee Relations (DER) website).
- Rechecks for all four biometric categories are available at the City's Wellness Center and Workplace Clinic.
- Additional point opportunities will be available throughout the year and can be submitted at your 30-minute health appraisal session, via e-mail, phone or fax.
- E-mail: [cityofmke@froedtert.com](mailto:cityofmke@froedtert.com) • Phone **414-777-3410** • Fax **262-253-5152**

The program runs from  
**July 1, 2016**  
through  
**June 30, 2017**

- Points will be viewable after Feb 1, 2017

### Points can be submitted:

- At your 30 minute health appraisal session
- Via fax 262-253-5152
- Via phone 414-777-3410
- Via e-mail [cityofmke@froedtert.com](mailto:cityofmke@froedtert.com)
- At the Wellness Center or the Traveling Wellness Center

## Biometric/Lab Point Opportunities

A minimum of 20 points must come from this section

		Points	Track Your Points Earned
<b>Waist circumference</b>	Optimal category or improve a category from 2015 to 2016. <b>Recheck available*</b>	10	
<b>Fasting blood glucose</b>	Optimal category or improve a category from 2015 to 2016. <b>Recheck available*</b>	10	
<b>LDL</b>	Optimal category or improve a category from 2015 to 2016. <b>Recheck available*</b>	10	
<b>Blood pressure</b>	Optimal category or improve a category from 2015 to 2016. <b>Recheck available*</b>	10	
<b>Nicotine and cotinine</b>	Negative test earns 10 points. Negative in 2016 after positive in 2015 earns 20 points.	10 or 20	
<b>Potential biometric points:</b>		<b>60</b>	

\*Recheck available at the Wellness Center or Workplace Clinic (Located in the Zeidler Municipal Building.)

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 the Department of Employee Relations (DER) at 414-286-3184, and we will work to find a program with the same reward that is right for you in light of your health status.

In partnership with



Workforce Health

## Earn 100 points total to earn a \$250 Health Reimbursement Account (HRA)

### Additional Point Opportunities

#### Educational

		Points	Track Your Points Earned
<b>15-Minute coaching session</b> (One session per week allowed)	Meet with a Workforce Health (WFH) coach to discuss your health goals. May be done in person or telephonically. <b>One session 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	
<b>Group or department programs</b>	Visit <a href="#">DER website*</a> listed at the bottom of page for more info and the schedule of programs	Varies, maximum 30	
<b>Lunch 'N Learns</b>	See the <a href="#">DER website*</a> for a schedule	5 points each, maximum 15	
<b>Financial wellness</b>	Attend a Deferred Compensation Plan educational session	5 points, maximum 5	
<b>Financial wellness</b>	One-on-one coaching session with a Deferred Compensation Plan Representative	5 points, maximum 5	
<b>Financial wellness</b>	Log-in to your Deferred Compensation account or enroll in the Deferred Compensation plan	5 points, maximum 5	

#### Preventive

<b>Primary care physician release</b>	Your full lab results will be sent to your PCP	5 points, maximum 5	
<b>Preventative/wellness exam</b>	Show a copy of your explanation of benefits or a paid bill	10 points, maximum 20	
<b>Annual dental exam</b>	Show a copy of your explanation of benefits or a paid bill	10 points, maximum 10	
<b>Annual flu shot</b>	Show a copy of your explanation of benefits, a paid bill or sign a release when WFH provides flu shots in Fall 2016	5 points, maximum 5	
<b>Blood pressure checks</b>	Complete five blood pressure checks at the Wellness Center	5 points, maximum 5	
<b>Health4Me app</b>	Sign up for the Health4Me app or create an account on MyUHC.com	5 points, maximum 5	

#### Activity (Maximum 30 points from this section)

<b>Physical activity</b>	200,000 steps during a 4-week period (no self report) (E.g. report through an activity tracking device or trackable app)	5 points	
<b>Physical activity</b>	600 minutes of activity during a 4-week period for biking, swimming, running or walking (no self report)	5 points	
<b>Physical activity</b>	Eight classes, general visits at an athletic club or organized sporting events during a 4 week period (no self report) (E.g. printout of number of visits or attendance log)	5 points	
<b>Physical activity</b>	Attending an organized athletic event (walk, run, triathlon, etc.) (E.g. copy of registration form, photo or results printout)	5 points	

Earn all 30 activity points from one and/or all physical activity options listed above.

Your total points from pg. 1 & pg. 2

<b>Potential additional points</b>	<b>170</b>	
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\* For more information, visit the DER website: [www.milwaukee.gov/der/WYCM](http://www.milwaukee.gov/der/WYCM)