

2018-2019 City of Milwaukee



Health and Wellness Resource Guide

for Employees and Spouses



In partnership with



Workforce Health

Welcome Message/Wellness Your Choice Milwaukee

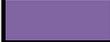
The City's comprehensive Health and Wellness Resource Guide is designed to help you navigate the wealth of available programs, services and resources most of which are free regardless of whether you take the City's health insurance. Programs that may require a small charge or enrollment in the City's health insurance benefits are noted in the booklet. We hope you take advantage of this benefit and the many great programs and services available to you and your spouse. THANK YOU for all the hard work you do to make the City of Milwaukee a great place to live and work. The City's goal is to establish a workplace culture that enhances employee lives and offers all the tools necessary to meet employees wherever they're at on their road to good health, making sure employees are well at work, well at home and well into retirement.

Department Wellness Champions

A Wellness Champion's role is to help support and promote the City's comprehensive Wellness Program, plan and report on department specific initiatives and serve as an informational source for employees who want to be more involved and participate in available programs. A Wellness Champion is a contributing member of the City's Wellness Promotion Team which meets regularly to learn about and share information on City health, wellness and safety programming. To receive more information on becoming a department or division Wellness Champion, send an email to cityofmilwaukee@froedtert.com.

Wellness Calendar

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
						WFH - Health Appraisal Process					
								WFH - Onsite Flu Clinics			
WFH - Year-long Diabetes Prevention Program											
WFH - Journey to a Healthier You Program			WFH - Journey to a Healthier You Program					WFH - Journey to a Healthier You Program			
WFH - Fitness Classes				WFH - Fitness Classes				WFH - Fitness Classes			
WFH - Seasonal Maintain, Don't Gain Programs						WFH - Seasonal Maintain, Don't Gain Programs				WFH - Seasonal Maintain, Don't Gain Programs	
UHC - Diabetes Management Program			UHC - Diabetes Management Program					UHC - Diabetes Management Program			
UHC - Monthly Diabetes Prevention Support Group											
	Living Well with Chronic Conditions Program	Living Well with Chronic Conditions Program						Living Well with Chronic Conditions Program	Living Well with Chronic Conditions Program		
					Mayor's Walk 100 Initiative		Mayor's Walk 100 Initiative	Mayor's Walk 100 Initiative	Mayor's Walk 100 Initiative		

-  WFH - Health Appraisal Process
-  WFH - Onsite Flu Clinics
-  WFH - Year-long Diabetes Prevention Program
-  WFH - Journey to a Healthier You Program
-  WFH - Fitness Classes
-  WFH - Seasonal Maintain, Don't Gain Programs
-  UHC - Diabetes Management Program
-  UHC - Monthly Diabetes Prevention Support Group
-  Living Well with Chronic Conditions Program
-  Mayor's Walk 100 Initiative

***Programs and dates are subject to change**

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Workforce Health

The City of Milwaukee

Wellness Your Choice Milwaukee Program



Health Appraisal (July 30, 2018 - December 14, 2018)

A screening process that includes lab work, biometrics, an interest assessment and meeting with a health educator to give participants a snapshot of their current health status. Employees and spouses are eligible to participate regardless of enrollment in the City's health insurance.

- Benefits of participation:
 - » Avoid monthly fees if taking the City's 2019 health insurance.
 - » Become eligible for the Healthy Rewards program where employees/spouses can earn up to \$350 per participant in a Health Reimbursement Account.
- Visit www.milwaukee.gov/wycm and click on "Wellness Program Launch Kit" to get started.

Smoking Cessation (60-Minute Tobacco Cessation Class)

The class provides an overview of the benefits of quitting and assesses a participant's readiness to quit.

- Participants that test positive for nicotine/cotinine during the Health Appraisal process must attend a class to avoid a tobacco fee.
- Visit www.workforcehealth.org/cityofmilwaukee to register for the class.

Healthy Rewards Program (July 1, 2018 – June 30, 2019)

An incentive-based program where participants complete 75, 100 or 125 points and earn \$150, \$250 or \$350 in a Health Reimbursement Account. Employees and spouses must complete the Health Appraisal to be eligible to participate in the Healthy Rewards program.



- Benefits of participation: Earn up to \$350 per participant in a Health Reimbursement Account.
- Visit www.milwaukee.gov/healthyrewards for the program description, point opportunities and FAQ.
- Call Workforce Health 414-777-3410 with questions regarding the program or points.

Wellness Presentations and Trainings

A variety of presentations on health and wellness topics are offered at different locations throughout the City. Participants can earn Healthy Rewards points for attending.

- A current list of presentations and registration information is found on the Wellness Healthy Rewards website: www.milwaukee.gov/healthyrewards. Select "upcoming programs for Healthy Rewards points" under the quick links section. Visit the DER Training Bulletin www.milwaukee.gov/der/Training for a list of additional EAP and Financial Wellness programs that qualify for Healthy Rewards points.

Wellness Portal

Register for the health appraisal, access personal wellness information, view Healthy Rewards point balances, submit point paperwork, schedule coaching appointments and register for fitness and wellness programs.

- Visit: www.workforcehealth.org/cityofmilwaukee or call 414-777-3410 for assistance.

Username: _____ Password: _____

Convenient Healthcare and Wellness Options

Workplace Clinic and Injury Prevention Clinic (Located in Zeidler Municipal Building)

- **Workplace Clinic:** Provides convenient, onsite health care services for employees and spouses including diagnosis and treatment of minor illnesses and injuries such as ear infections, pink eye, flu/cold symptoms, insect bites, rashes, respiratory infections, sprains/strains and smoking cessation assistance.
- **Injury Prevention Clinic:** Focuses on preventive measures of care and offers free screenings, consultations, and education services to prevent and treat potential musculoskeletal injuries. This clinic treats new issues only and does not see patients with an issue previously diagnosed by a provider.
- Call 414-777-3413 to make an appointment. When scheduling, ask about free downtown parking.

FastCare Walk-In Clinics

Receive expert care from Froedtert & the Medical College of Wisconsin providers on a walk-in basis, without an appointment, during convenient hours. Services include diagnosis and treatment of non-emergent minor illnesses and injuries including but not limited to sore throats, ear infections, sinus infections, flu or cold symptoms, skin rashes, sprains/strains and pink eye. Employees, spouses and dependents (ages 6 and older) with the City's UHC health insurance have access to the five FastCare clinics listed below at no charge.

- Cost: No charge for qualifying UHC health insurance members.
- No appointments. Walk-in during clinic hours.

Downtown FastCare location:

**Froedtert & MCW
McKinley Health Center:**
1271 N. 6th St., Milwaukee
414-978-9037

Hours:

Monday – Friday: 10 a.m. - 7 p.m.
Saturday and Sunday: 9 a.m. - 1 p.m.

FastCare locations at:

FastCare (Greenfield Meijer)
5800 W. Layton Ave.
262-532-3067

FastCare (Sussex Meijer)
N51W24953 Lisbon Road
262-532-8691

Hours:

Monday – Friday: 9 a.m. - 8:30 p.m.
Saturday: 9 a.m. - 6 p.m. Sunday: 10 a.m. - 5 p.m.

FastCare (Waukesha Meijer)
801 E. Sunset Drive
262-532-3691

FastCare (West Bend Meijer)
2180 South Main St.
262-532-3127

Wellness Center: Onsite and Traveling Locations

The Wellness Center is a convenient option and valuable resource that offers coaching, blood pressure checks, weight checks and a place to submit Healthy Rewards points.

- **Onsite Wellness Center** (Zeidler Municipal Building) requires an appointment. Call 414-777-3413 to make an appointment and ask about free downtown parking.
- **Traveling Wellness Center** locations and schedule can be found at www.milwaukee.gov/wycm.

Flu Shots

Annual flu shots are covered at 100% for participants enrolled in the City's UHC health insurance when they use a contracted network flu shot provider, primary care physician, or one of the UHC contracted retail pharmacies including Walgreens, CVS, Target, Kmart and Meijer.

Onsite Flu Shot Clinics

Flu shot clinics are available at multiple City locations in the fall.

- Visit www.milwaukee.gov/wycm in September for the schedule.

Coaching, Exercise, Nutrition and Weight Management

Health and Nutrition Coaching

Onsite Health Coaching

Health coaching is available in person at the Wellness Center located on the Lower Parking Level of the Zeidler Municipal Building. Experienced health coaches can help participants manage their weight, quit tobacco, reduce stress, set health goals and stay motivated using tools that fit their lifestyle.

- Call 414-777-3413 to make an appointment. When scheduling, ask about free downtown parking.

Telephonic Health Coaching and Nutrition Coaching with a Registered Dietitian

Talk to a health coach to get the support needed to make healthy changes; or with a registered dietitian to get professional insight on eating habits and tips to optimize health and weight through nutrition. Participants can schedule convenient telephonic coaching sessions at times that work for them.

- Call 414-777-3410 or visit www.workforcehealth.org/cityofmilwaukee to make an appointment.

Weight Management and Exercise

Real Appeal Online Weight Management Program

Real Appeal is a personalized online weight management program that helps participants make positive, lasting changes for a better body and a healthier, happier life.

- FREE for employees, spouses and dependents (ages 18 and older) subject to eligibility requirements. Participants must be enrolled in the City's UHC health insurance to participate.
- Enroll using a smartphone, tablet or personal computer at cityofmilwaukee.realappeal.com.

Journey to a Healthier You Onsite Weight Loss Program

An onsite, 8-week interactive weight management program designed to give participants the support and tools needed to lose weight and keep it off.

- Visit www.workforcehealth.org/cityofmilwaukee or www.milwaukee.gov/wycm for details.

Health and Nutrition Coaching for Weight Management

See Health and Nutrition Coaching above for more information.

Maintain, Don't Gain (Seasonal Weight Management Challenges)

Seasonal weight management challenges offered during the summer and holiday months. Participants learn how to enjoy their summer and the holidays without increasing their waistlines with weekly weigh-ins and healthy tips.

- Visit www.workforcehealth.org/cityofmilwaukee for more information.

Fitness Classes

Various group fitness classes led by certified exercise professionals are offered throughout the City. All ages and abilities are welcome.

- Visit www.milwaukee.gov/wycm or www.workforcehealth.org/cityofmilwaukee for more information.

Behavioral Health, Stress Management and Diabetes Programs

Behavioral Health and Stress Management

Employee Assistance Program (EAP) Internal Program

The EAP is a confidential counseling, assessment and referral service for employees and families when they need help navigating resources for any particular situation that may be affecting their life. For more information and resources on dealing with issues at home or work, visit www.city.milwaukee.gov/der/EAP.

Contact Information: 414-286-3145 or czamora@milwaukee.gov

- **Counseling** - Everyone has problems from time to time that can usually be worked out. Sometimes problems persist affecting individuals on and off the job. At such times, the EAP may be able to provide some help.
- **Information, Resources and Referrals** - The EAP can connect participants to legal, financial, wellness and/or counseling providers under the current benefit plan or out in the community.
- **Management Consultation** - The EAP provides City managers and supervisors with support, training and strategies to resolve workplace concerns impacting a direct report or workgroup.
- **Topical Presentations** - The EAP provides a wide range of onsite presentations to City departments and workgroups. Visit the DER Training Bulletin www.milwaukee.gov/der/Training for current presentations.
- **Support for Critical/Traumatic Events** - An unexpected crisis, accident or loss may cause those affected to feel anxious and overwhelmed. In such times, the EAP assists and provides support to impacted workgroups and individuals.

UHC Care24 Services External EAP Services

UnitedHealthcare offers access to a wide range of health and well-being information and support services. Care24 confidential services connects participants with registered nurses or counselors who can provide assistance on issues ranging from medical and family matters to personal legal, financial and emotional needs. Care24 nurses can assist with finding a doctor or specialist, check if the doctor is in your network and schedule your appointment.

- FREE for employees and spouses enrolled in the City's UHC health insurance.
- Contact Information: 1-800-942-4746.

Health Coaching for Stress Management and Coping Strategies

See Health Coaching on page 6 for more information.

Diabetes Prevention and Management

Health and Nutrition Coaching for Diabetes Prevention and Management

See Health and Nutrition Coaching on page 6 for more information.

Diabetes Prevention Program (Annual Program Starts January 1, 2019)

A year-long, onsite program designed to significantly reduce the risk of Type II diabetes. A trained coach leads the program to help you eat healthier, reduce stress and become more physically active.

Visit www.milwaukee.gov/wycm in December for information about this program.

Diabetes Management Program

An onsite program to help you better manage your diabetes, prevent complications, address symptoms, reduce the risk of other health conditions and help with medication management. This program is offered by the Onsite Nurse Liaison. Email Mari Cohn at mari.cohn@uhc.com to enroll.

UnitedHealthcare (UHC) and Pharmacy Resources

UHC myuhc.com

The tools and information at myuhc.com are both practical and personalized for participants to get the most out of their benefits. Learn about health conditions, treatments and costs, find in-network providers and order mail order medications. myuhc.com helps participants manage health care coverage, estimate cost of care and make informed decisions about medical treatments and overall wellness. Register at myuhc.com to get started or call the number on your health plan ID card for assistance.

UHC Health4Me App

The UnitedHealthcare Health4Me App provides instant access to participant's important health information including finding a physician, checking the status of a claim and speaking directly with a health care professional. Download from the App store for iPhone® or Google® Play for Android.

UHC My Nurse Line

Talk with a registered nurse who will provide personalized health information and assistance 24/7. Call the Customer Service number on your plan ID card or visit myuhc.com.

UHC Preventive Care Guidelines

Preventive Care helps you and your loved ones discover a health issue before it becomes a serious problem. Under the Affordable Care Act, certain age appropriate preventive services are covered at 100%. Visit the UHC resources section at www.milwaukee.gov/Benefits2018.

UHC Tier 1 Providers

Receive the highest quality care at the lowest cost for your family by seeing UHC Tier 1 Providers. Tier 1 Providers are evaluated using national standards for quality and local benchmarks for cost efficiency. You will pay a lower 10% coinsurance (instead of 30%) by choosing a Tier 1 Provider. Log into myuhc.com or use the Health4me App to find a Tier 1 Provider. Step-by-step instructions to locate a UHC Tier 1 Provider using myuhc.com can be found at www.milwaukee.gov/wycm.

UHC Virtual Visits

See and talk to a doctor from a mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription for pick up at a local pharmacy. Not all medical conditions can be treated on a Virtual Visit.

- Average visit \$50 for employees and family members enrolled in the City's UHC health insurance.
- Register at myuhc.com or call the Customer Service number on your health plan ID card for assistance.

UHC Onsite Nurse Liaison

An Onsite Nurse Liaison through UHC is available to help employees and spouses understand information and follow-up steps from doctor appointments, provide support for a serious medical condition, address medical and pharmacy claim issues, find the right type of care and address questions regarding care or treatment. The nurse visits offsite City locations and has regular office hours at City Hall on the 8th floor. For more information about the Nurse Liaison and a monthly location schedule, visit www.milwaukee.gov/WYCM.

- FREE to employees and spouses regardless of enrollment in the City's UHC health insurance.
- To schedule an appointment, call 240-549-9879 or email Mari Cohn at mari.cohn@uhc.com.

Pharmacy/OptumRx Benefits

OptumRx is the City's pharmacy benefit manager (PBM) and manages and processes pharmacy claims. OptumRx also answers pharmacy benefit questions and helps educate members about programs offered through the plan. Visit www.optumrx.com or call 1-800-841-4901.

Safety, Financial Wellness and Benefits Information

Employee Safety and Workers Compensation

The Department of Employee Relations continues to work with City departments to address safety needs and priorities identified by field employees. Visit www.milwaukee.gov/Safety for ongoing updates and information about employee safety and worker's compensation. Employees can email Safety1st@milwaukee.gov to share and communicate safety issues.

CorVel administers the City's worker's compensation claims program where injured employees have access to a 24/7 work injury nurse triage line. Visit www.milwaukee.gov/WC for more information.

- To report a non-emergency claim: 1-844-MIL-CLMS or 1-844-645-2567. A registered nurse will collect information regarding the injury, assess the situation and make a recommendation for care.
- To report a claim after medical treatment is received or follow-up questions regarding a claim: 1-833-298-3048

Financial Wellness

Deferred Compensation Plan

The City of Milwaukee Deferred Compensation Plan is a Section 457 defined contribution retirement plan that allows employees to put aside funds from each paycheck and save for retirement on a voluntary basis. Along with the City's Pension benefits and Social Security (if eligible), the Deferred Compensation Plan makes up an important piece of an employee's retirement income. Deferred Compensation through Voya offers a number of financial wellness education opportunities for employees and spouses including one-on-one in person coaching appointments and Group Financial Wellness Seminars, both which qualify for Healthy Rewards points. Visit www.milwaukeeedcp.com to learn more.

- **One-on-One Meeting with a Local Voya representative:** Call 844-360-MDCP (6327), 414-286-5541 or visit www.milwaukeeedcp.com to schedule an in-person appointment with a local Voya representative.
- **Group Financial Wellness Seminars:** Visit DER Training Bulletin www.milwaukee.gov/der/Training.

Employees' Retirement System (ERS)

ERS of the City of Milwaukee manages the pension fund to provide retirement benefits to city members and their beneficiaries. Visit www.cmers.com/CMERS.htm to learn more.

City of Milwaukee Benefits Information

Benefits 2018: www.milwaukee.gov/Benefits2018

Benefits 2019: www.milwaukee.gov/Benefits2019 (Live October 2018)

Open Enrollment Period (Oct. 29 – Nov. 16, 2018)

This is a member's only opportunity during the year, other than a qualifying event, to make changes or enroll in various benefit programs for 2019. Rate Charts and a Benefits Guide will be available on DER's website in October at www.milwaukee.gov/Benefits2019. Employees use the online Self Service Program to make benefit changes during the Fall Open Enrollment Period.

- Login at www.milwaukee.gov/selfservice with your Employee ID Number and a Password. To request or reset a password, go to www.Milwaukee.gov/rits.

Healthy Rewards

July 1, 2018 through June 30, 2019



Healthy Rewards is the City's incentive-based wellness program where participants can earn 3 levels of points to earn a Health Reimbursement Account (HRA) up to \$700 if spouse completes the program. Participants do not need to be enrolled in the City's health insurance to participate.

Tiered Points and Awards System:

75 Points = \$150 (total) HRA | 100 Points = \$250 (total) HRA | 125 Points = \$350 (total) HRA

How the Program Works:

- Participants must complete the 2018 Health Appraisal to be eligible for Healthy Rewards.
- Employees and spouses who complete the 2018 Health Appraisal are automatically awarded biometric points.
- If biometric results are outside of the optimal range and points do not meet the minimum 20 point requirement, participants have two options to earn points:
 1. Complete appropriate health action plan(s) available through the wellness portal as soon as you receive your biometric results.
 2. Have your biometrics rechecked at the Wellness Center or Workplace Clinic located inside the Zeidler building starting February 1, 2019.
- Additional point opportunities (see other side) are available throughout the year and can be submitted at your health appraisal appointment, Wellness Center, Traveling Wellness Center, wellness portal or Onsite Nurse Liaison.
- Allow up to 2 weeks for points to appear in the wellness portal. If points are not posted, refer back to the program details to ensure points meet program requirements.
- Wellness portal: www.workforcehealth.org/cityofmilwaukee View point balance, submit Healthy Reward paperwork, review program requirements, schedule coaching appointments and register for fitness and wellness classes.

Contact Workforce Health with questions: **E-mail:** cityofmilwaukee@froedtert.com • **Phone** 414-777-3410

Qualifying Biometric Ranges for Healthy Rewards*

		Points
Blood Pressure	Optimal range: Systolic: Less than or equal to 120 Diastolic: Less than or equal to 80	10
Fasting Blood Glucose	Optimal range: Less than or equal to 110	10
LDL	Optimal range: Less than or equal to 130	10
Nicotine and Cotinine	Negative test earns 10 points	10
Waist Circumference	Optimal range Male: Less than or equal to 41 inches Optimal range Female: Less than or equal to 36 inches	10
Potential biometric points: (A minimum of 20 points required from this section)		50

*Qualifying optimal ranges for the Healthy Rewards program may be slightly different than those shown on the Health Appraisal results document. The values listed above will be used to award points for the Healthy Rewards program.

If you think you might be unable to participate or 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 at derwellness@milwaukee.gov and DER will work with Workforce Health to find a program with the same reward that is right for you in light of your health status.

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Additional Point Opportunities

Submit points year-round through the wellness portal: www.workforcehealth.org/cityofmilwaukee

Educational

Points

30-Minute Coaching Session (One session every two weeks allowed)	Meet with a Workforce Health coach to discuss your health goals. May be done in person or telephonically. One session required if you earn less than 30 biometric points.	10 points each, maximum 30
Action Plans	Complete a 6-8 week action plan through the wellness portal.	10 points each, maximum 30
Group or Department Programs	Visit DER website* listed at the bottom of page for more info and the schedule of programs.	Varies, maximum 30
Presentations/Training Sessions/Lunch and Learns	Presented by Workforce Health, EAP, Financial/Deferred Compensation, Onsite Nurse Liaison. Look for the Healthy Reward logo for approved presentations. Visit DER website* for a schedule.	5 points each, maximum 30
Financial Wellness Consultations in Person	Attend one-on-one in person consultations with a personal financial representative or advisor (Voya or non-Voya rep).	10 points, maximum 20
Total Points	Potential maximum points can be earned = 140	

Preventive

Preventive Exam, Vision Exam, Behavioral Health Session	Show formal proof, clearly indicating type of preventive appointment (e.g. cervical screening, mammogram, annual wellness exam, prostate exam, etc.), vision, or behavioral health. Visit DER website* for list of approved preventive visits.	10 points, maximum 30
Annual Dental Visit	Show formal proof of your visits (example: formal letter from dentist, explanation of benefits, paid bill).	10 points, maximum 20
Annual Flu Shot	Show a copy of your explanation of benefits, paid bill or sign a release when Workforce Health provides flu shots in Fall 2018.	5 points, maximum 5
Blood Pressure Checks	Complete five blood pressure checks. (Workplace Clinic, Wellness Center, Traveling Wellness Center, Primary Care Provider or Nurse Liaison)	5 points, maximum 5
Total Points	Potential maximum points can be earned = 60	

Activity Earn all 40 activity points from one and/or all physical activity options.

200,000 Steps or 600 Minutes of Activity in a 28-Day Period	Report through an activity tracking device or trackable app.	5 points
Fitness Classes in Person or General Visits at an Athletic Club	Participate in 4 classes or 8 general visits at an athletic club during a 4-week period. (Provide a printout showing number of visits or attendance log)	5 points
Organized Athletic Events	Participate in an organized athletic event. (walk, run, triathlon, etc.) Provide a copy of registration form or results printout that shows your name, date of birth, description and date. <i>Photos from event will not be accepted.</i>	5 points
Total Points	Potential maximum points can be earned = 40	

Community (NEW!)

Community Supported Agriculture membership	Provide proof of paid (CSA) membership.	5 points, maximum 5
Formal Volunteer Events (for at least one hour)	Submit City volunteer verification form* completed/signed at event.	5 points, maximum 10
Blood Donation	Submit City blood donation verification form* completed/signed at event.	5 points, maximum 10
Total Points	Potential maximum points can be earned = 25	

*For more information and volunteer/blood donation verification forms, visit DER's Healthy Rewards website:

www.milwaukee.gov/healthyrewards

Benefits and Wellness Contact List

Plan	Provider	Phone Number	Website / Email
Employee Benefits Division	Department of Employee Relations/Benefits	414-286-3184	www.milwaukee.gov/benefits2018 derbenefits@milwaukee.gov
DER Wellness Websites	Department of Employee Relations		www.milwaukee.gov/wycm www.milwaukee.gov/healthyrewards
Medical Benefits	UnitedHealthcare	800-841-4901	www.myuhc.com
Pharmacy	OptumRx	800-841-4901	www.optumrx.com
Dental Benefits	Care Plus Plan	414-771-1711	www.careplusdentalplans.com
Dental Benefits	Delta Dental	800-236-3712	www.deltadentalwi.com
Flexible Spending and Health Reimbursement Account	Benefit Advantage	800-686-6829	www.benefitadvantage.com claims@benadvan.com
Employee Assistance Program (EAP) - Internal	DER/Employee Benefits Division	414-286-3145	www.city.milwaukee.gov/der/eap
EAP – External (for UHC members)	UHC Care24	800-942-4746	www.myuhc.com
Wellness Program Administrator	Froedtert & MCW Workforce Health	414-777-3410	www.workforcehealth.org/cityofmilwaukee cityofmilwaukee@froedtert.com
Workplace Clinic	Froedtert & MCW Workforce Health	414-777-3413	www.milwaukee.gov/WYCM
FastCare Walk-In Clinics	Froedtert & MCW Workforce Health	See page 5	www.milwaukee.gov/WYCM
Injury Prevention Clinic	Froedtert & MCW Workforce Health	414-777-3413	www.milwaukee.gov/WYCM
Wellness Center	Froedtert & MCW Workforce Health	414-777-3413	www.milwaukee.gov/WYCM
Commuter Value Pass	Department of Employee Relations	414-286-3184	derbenefits@milwaukee.gov
Tuition Reimbursement	Department of Employee Relations	414-286-3650	tlhanki@milwaukee.gov
Life Insurance	MetLife	414-286-3557	www.cmers.com/CMERS/Benefits/Life-Insurance.htm
Long Term Disability	Lincoln Financial Group	800-423-2765	www.lincoln4benefits.com
Deferred Compensation 457 Retirement Plan	Voya/Deferred Compensation	844-360-6327	www.milwaukeeedcp.com
City of Milwaukee Pension Fund	Employees' Retirement System	800-815-8418 414-286-3557	www.cmers.com



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