

2020-2021 City of Milwaukee



Health and Wellness Resource Guide

for Employees and Spouses





Welcome Message/ Wellness Your Choice Milwaukee



The 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 or not you take the City’s health insurance. Programs that require enrollment in the City’s health insurance benefits are noted in the booklet. The City has made substantial changes to health and wellness programming due to the COVID-19 pandemic with most programs and services offered in virtual and telephonic formats. In-person services are still taking place as they can be done safely. We hope you take advantage of this extensive benefit and engage in the many free programs and services available to you.

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City of Milwaukee Wellness Your Choice Milwaukee Program

Wellness Portal, DER Wellness Website and Text Messaging

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

- Visit www.workforcehealth.org/cityofmilwaukee or call 414-777-3410 for assistance.
- Visit www.milwaukee.gov/wycm for current information on the City's comprehensive health and wellness program.
- Text Messaging for Benefits and Wellness Information: Use shortcode 97211 and keyword MKEbenefits.

Health Appraisal (September 8, 2020 – December 12, 2020)

The 2020 Health Appraisal is being modified to a two-step virtual format. The first step is an online health questionnaire through the wellness portal and the second step is a telephonic meeting with a health educator. The online questionnaire must be completed before meeting with the health educator. Employees and spouses are eligible to participate regardless of enrollment in the City's health insurance.

- No labs or biometrics will be taken this year including nicotine and cotinine. Participants have an option to have their biometrics completed at the Workplace Clinic, but it is not a requirement.
- There is no nicotine/cotinine class this year or a tobacco fee. Participants interested in tobacco/smoking cessation may complete the tobacco/smoking cessation action plan on the wellness portal for Healthy Rewards points. Visit www.workforcehealth.org/cityofmilwaukee to access the action plan.
- Avoid the Health Appraisal fee if taking the City's 2021 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 select "Health Appraisal Packet" to get started.

Healthy Rewards Program (July 1, 2020 – June 30, 2021)

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.



- Earn up to \$350 per participant in a Health Reimbursement Account that can be used to pay medical, dental, prescription and vision expenses. See page 9 for more information on the Health Reimbursement Account.
- Visit www.milwaukee.gov/wycm for the program description, point opportunities and FAQ.
- Call Workforce Health 414-777-3410 with questions regarding the program or points.

Wellness Presentations, Education and Trainings

A variety of presentations, education and training sessions on health, wellness, EAP, financial and safety topics are offered throughout the year. Participants can earn Healthy Rewards points for attending.

- For a current list of presentations and registration information, visit www.milwaukee.gov/wycm and select "Presentations for Healthy Rewards Points" under the quick links section.

All programs/services are FREE to employees and spouses unless otherwise noted.
Visit www.milwaukee.gov/wycm for current program and registration information.

Convenient Healthcare and Wellness Options

Workplace Clinic and Injury Prevention Clinic (Zeidler Municipal Building -- Market Street Entrance)

- **Workplace Clinic:** Provides free, convenient, onsite and virtual health care services for employees and spouses regardless of enrollment in the City's health insurance. Dependents (18 months and older) enrolled in the City's UHC health insurance are also eligible for free clinic services. Services include 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:** Provides 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. Available to employees and spouses regardless of enrollment in the City's health insurance.
- Call 414-777-3413 to make an appointment at either clinic. Appointments are required.

FastCare® Clinics

Receive expert, same-day care from Froedtert & the Medical College of Wisconsin health care providers 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 and cold symptoms, skin rashes, musculoskeletal aches and strains and pink eye. Employees, spouses and dependents (ages 18 months and older) with the City's UHC health insurance have access to the Froedtert & MCW FastCare® clinics listed below at no charge.

- Reserve time with a provider that is convenient for you. Visit www.froedtert.com/fastcare or download the Froedtert & MCW app to learn more or schedule an appointment.

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® (Sheboygan Meijer)
924 N. Taylor Drive
920-395-7210

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

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

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

Hours:

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

Wellness Center: Onsite and Traveling Locations

The Wellness Center offers coaching, blood pressure checks, weight checks and a place to submit Healthy Rewards points. Appointments are recommended at the onsite Wellness Center.

- **Onsite Wellness Center** (Zeidler Municipal Building Market Street entrance) will reopen as safety allows. Updated information will be posted to the City's wellness page, www.milwaukee.gov/wycm.
- **Traveling Wellness Center** services are being resumed as safety allows. A schedule of locations can be found at www.milwaukee.gov/wycm.

Flu Shots and Onsite Flu Shot Clinics

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.

- Workforce Health flu shot clinics are available for employees and spouses at multiple City locations in the fall. Visit www.milwaukee.gov/wycm in September for the schedule.

All programs/services are FREE to employees and spouses unless otherwise noted.

Visit www.milwaukee.gov/wycm for current program and registration information.

Coaching, Exercise, Nutrition, Weight Management and Diabetes Programs

Health and Nutrition Coaching

Onsite and Telephonic Coaching

Experienced health coaches and registered dietitians are available to help participants make healthy lifestyle changes and get professional insight on eating habits and tips to optimize health and weight through nutrition.

Onsite Coaching: Information about how to make an appointment will be posted to the City's Wellness page www.milwaukee.gov/wycom when onsite coaching services resume.

Telephonic Health Coaching and Nutrition Coaching with a Registered Dietitian: Call 414-777-3410 or visit www.workforcehealth.org/cityofmilwaukee to make an appointment.

Weight Management and Exercise

Real Appeal Online Weight Management Program

An online weight management program that helps participants make positive, lasting changes for a better body and a healthier, happier life. Free for members enrolled in the City's UHC health insurance. Enroll at cityofmilwaukee.realappeal.com.

Journey to a Healthier You Weight Loss Program 1 and 2

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

Lose for Health Challenge

Lose for Health is a self-guided Wellness Portal challenge that guides participants towards managing their weight and leading a healthier lifestyle.

Fitness Classes

Various group fitness classes led by certified exercise professionals are offered virtually and onsite as safety allows. All ages and abilities are welcome.

Health at Home Challenge

Health at Home is a self-guided wellness portal challenge that encourages participants to improve their well-being with at-home exercise. Participants receive tips and family-friendly activities as they log their progress in the online tracker and reach milestones.

Diabetes and Chronic Condition Management

Diabetes Prevention Program (Annual Program Starts January 1, 2021)

A year-long, onsite program designed to significantly reduce the risk of type II diabetes. A trained coach leads the program to help participants eat healthier, reduce stress and become more physically active. More information about this program will be available in December on the wellness website www.milwaukee.gov/wycom.

Healthy Living with Diabetes 1 and 2

Programs to help participants better manage their 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.

- Monthly diabetes support groups are available to participants who complete diabetes programming.

Easing Chronic Disease Program

A 4-week program that addresses managing chronic conditions and improving quality of life. Email Mari Cohn at mari.cohn@uhc.com to enroll.

Gotta Have Heart Hypertension Management Program

A 4-week interactive program exploring ways to integrate small lifestyle changes that will deliver significant results in managing and preventing hypertension.

All programs/services are FREE to employees and spouses unless otherwise noted.

Visit www.milwaukee.gov/wycom for current program and registration information.

Behavioral Health, Stress Management and Employee Safety

Behavioral/Emotional Health and Stress Management

Employee Assistance Program (EAP) Internal Program: www.milwaukee.gov/der/EAP

The EAP is a confidential counseling, assessment and referral service for employees and families when they need help navigating resources for any situation that may be affecting their life. For more information and resources on dealing with issues at home or work. Contact 414-286-3145 or czamora@milwaukee.gov

- Consultation to address: anxiety, stress symptoms, parenting/family and marital problems, alcohol/substance misuse, legal or debt/financial resources.
- Needs assessment with appropriate referrals for: ongoing counseling/treatment, City of Milwaukee benefits and programs, community resources.
- Support to individuals impacted by traumatic events like an unexpected crisis, accident or sudden loss.

UHC External EAP Services

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

UHC Emotional Support Line

The UHC Emotional Support Line, 1-866-342-6892, has caring professionals that will connect people to resources 24/7. This service is free of charge to both UHC and non-UHC members.

Live and Work Well

Live and Work Well (through Optum) provides 24/7 access for mental health and substance use concerns as well as resources for physical health, financial and legal support. Visit liveandworkwell.com to learn more.

Sanvello App

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression. The premium version is available to UHC members at no additional cost. Download from the App store.

Health Coaching for Stress Management and Coping Strategies

See Health Coaching on the top of page 5 for more information and how to access this service.

Mental Health Programs

Mental Health in the Workplace

An interactive program led by the City's EAP Coordinator, Cris Zamora, that provides information and techniques to identify and address mental health issues.

The Miracle of Sleep

An interactive program to learn how to master the art of quality sleep through positive sleep habits.

Psst, Your Stress is Showing

An interactive stress reduction program that helps participants understand triggers and learn techniques to manage and relieve stress.

Road to Resiliency

A program that provides information on resiliency and it's importance to overall health and well-being. Participants will also learn about mindfulness and how to leverage current strengths into resiliency practices.

Employee Burnout and the Workplace

Understand the issue of burnout and recognize the factors that contribute and lead to workplace burnout. Learn proactive steps to reduce and manage burnout.

All programs/services are FREE to employees and spouses unless otherwise noted.
Visit www.milwaukee.gov/wycm for current program and registration information.

Behavioral Health, Stress Management and Employee Safety

Interactive Wellness/Support Groups

Well Together

Join this weekly conversation facilitated by Workforce Health and connect with employees who have a strong desire to build on their wellness goals and initiatives and help support others along the way. For more information, visit www.milwaukee.gov/wycm.

Health Huddle with the Onsite Nurse Liaison

A group support session targeted to specific workgroups and departments where participants can discuss challenges they are facing, have an interactive dialogue on managing stressors and build a support system. Contact 240-549-9879 or mari.cohn@uhc.com for information.

Diabetes Prevention, Support and Management

Monthly diabetes support groups are available to help address and manage diabetes. Contact 240-549-9879 or mari.cohn@uhc.com for information.

EAP Self-Help Groups

Meet with other individuals to share common problems and experiences associated with a particular problem, condition, illness, or personal circumstance. Contact 414-286-3145 or czamora@milwaukee.gov

Employee Safety and Worker's Compensation

Visit www.milwaukee.gov/Safety for ongoing updates and information about employee safety and worker's compensation including annual safety training that is offered to employees. To share safety issues and concerns, email Safety1st@milwaukee.gov.

Worker's Compensation

- 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 for follow-up questions regarding a claim: 1-833-298-3048

Employee Safety Training

- **Active Shooter Training:** This training integrates a variety of methods (discussions, videos, other fact references) to provide awareness and possible action steps in response to an active shooter event.
- **Basic Self Defense Training:** This course provides safety awareness and introduces non-tactical defense skills to offer options to get away from intense or possible violent encounters.
- **Canine Field Safety (Defensive Dog Safety):** This course provides general information about dog breeds, dog characteristics and detailed insight on a dog's behavior and provides general bite prevention guidelines and safety information to prevent dog bites for employees while working in the field.
- **Lone Worker Training:** This training educates participants on how to prevent and avoid becoming victims of any undue harm or crime. The presentation is a holistic approach to creating a "Safety Mindset."
- **NAMI Family and Friends:** Facilitated by NAMI, this class helps participants learn skills to enhance communication with a loved one living with mental illness, increase empathy and reduce stigma about the impact of mental illness on lifestyle and choices and use effective communication.
- **Serving Community Members Living with Mental Health Conditions--Improving Interactions and Ensuring Safety:** Facilitated by NAMI, this class helps attendees learn de-escalation skills, communicate skills to interact with persons with cognitive and mental health challenges and learn aspects of cultural humility.

All programs/services are FREE to employees and spouses unless otherwise noted.

Visit www.milwaukee.gov/wycm for current program and registration information.

UnitedHealthcare (UHC) and Pharmacy Resources

myuhc.com

The tools and information at myuhc.com are helpful 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. Register at myuhc.com to get started or call the number on your health plan ID card for assistance.

UnitedHealthcare App

The UnitedHealthcare 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.

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. For more information about the Nurse Liaison, visit www.milwaukee.gov/wycm. To schedule an appointment, call 240-549-9879 or email Mari Cohn at mari.cohn@uhc.com

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/benefits.

Tier 1 Providers

Receive the highest quality care at the lowest cost by seeing UHC Tier 1 Providers. Tier 1 Providers are evaluated using national standards for quality and local benchmarks for cost efficiency. Members pay a lower coinsurance by choosing a Tier 1 Provider. Log into myuhc.com or use the UnitedHealthcare App to find a Tier 1 Provider. Visit www.milwaukee.gov/benefits (UHC resources section) for instructions to locate a UHC Tier 1 Provider.

My NurseLine

Talk with a registered nurse 24/7 who can provide information about healthcare service options and assist with member questions. Call the UHC Customer Service number on your health plan ID card at 1-800-841-4901 or visit myuhc.com.

Virtual Visits

Schedule a visit with a provider 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 with a Virtual Visit. Register at myuhc.com or call the Customer Service number on your health plan ID card for assistance. An average visit costs \$50 for employees and family members enrolled in the City's UHC health insurance.

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.

All programs/services are FREE to employees and spouses unless otherwise noted.

Visit www.milwaukee.gov/wycm for current program and registration information.

Financial Wellness, Benefits Information and Wellness Champions

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 part of an employee's retirement income. Deferred Compensation through Voya offers a number of education opportunities for employees and spouses including coaching appointments and financial wellness seminars which qualify for Healthy Rewards points. Visit www.milwaukeeedcp.com to learn more. If employees have questions call 844-360-MDCP (844-360-6327) or email DEFCOM@milwaukee.gov.
- Telephone appointments are available with local Voya representatives. Schedule an appointment via the online scheduler: <https://bookvf15.timetap.com/>
- Financial Wellness seminars are currently available and can be accessed at any time for Healthy Rewards points. Visit www.milwaukee.gov/wycm under Financial Wellness for a list of current seminars.

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 or call 414-286-3557 to learn more.

City of Milwaukee Benefits Information

Benefits website: www.milwaukee.gov/benefits

Open Enrollment Period (October 26 – November 20, 2020)

This is an employee's only opportunity during the year, other than a qualifying event/family status change, to make changes or enroll in various benefit programs for 2021. Rate charts and a benefits guide are available on DER's website in October at www.milwaukee.gov/benefits.

- 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.

Health Reimbursement Account

The City rewards employees/spouses for participating in the wellness Healthy Rewards Program through a Health Reimbursement Account (HRA). Employees use HRA funds to pay for medical, dental, prescription and vision expenses. Benefit Advantage administers the City's Health Reimbursement benefit. Employees should contact Benefit Advantage with any HRA questions at 1-800-686-6829 or claims@benadvan.com.

Department Wellness Champions

A Wellness Champion's role is to help support and promote the City's comprehensive Health and 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. To receive more information on becoming a department or division Wellness Champion, email cityofmilwaukee@froedtert.com.

All programs/services are FREE to employees and spouses unless otherwise noted.
Visit www.milwaukee.gov/wycm for current program and registration information.

Healthy Rewards

July 1, 2020 through June 30, 2021



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, but they must complete the 2020 Health Appraisal.

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 2020 Health Appraisal to be eligible for Healthy Rewards.
- Employees and spouses who complete the 2020 Health Appraisal are automatically awarded 30 points.
- 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 Rewards paperwork, review program requirements, schedule coaching appointments and register for fitness and wellness classes.

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

Qualifying Steps for Healthy Rewards		Points
Online Health Questionnaire and Telephonic Health Appraisal	Must be completed by Dec. 12, 2020	30

Additional Point Opportunities

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.	10 points each, maximum 30
Action Plans	Complete a 6-8 week action plan through the wellness portal. Registration for action plans closes May 1, 2021.	10 points each, maximum 30
Wellness Portal Challenges, Group or Department Programs	Visit DER website* for more info and the schedule of programs, including wellness portal challenges.	Varies, maximum 50
Education, Presentation and Training Sessions	By Workforce Health, EAP, Financial/Deferred Compensation, Onsite Nurse Liaison and non-mandatory City safety training. Visit DER website* for a schedule.	5 points each, maximum 55
Financial Wellness Consultations	Complete a consultation with a local Voya or non-Voya financial representative/advisor. *Form required for non-Voya meetings/consultation.	10 points, maximum 30
Potential maximum points		195

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



Workforce Health

Additional Point Opportunities - Continued

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

Preventive

Points

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. <i>Explanation of benefits (EOB) not accepted.</i>	10 points, maximum 40
Annual Dental Visit	Show formal proof of your visits (example: formal letter from dentist, paid bill).	10 points, maximum 20
Annual Flu Shot	Show formal proof, paid bill or sign a release when Workforce Health provides flu shots in Fall 2020.	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) <i>Onsite services may not be available due to COVID-19.</i>	5 points, maximum 5
Potential maximum points		70

Activity Earn all 50 activity points from one and/or all physical activity options.

200,000 Steps or 600 Minutes of Activity in a Calendar Month	Report through an activity tracking device or trackable app. Submit monthly totals and not individual days/weeks of activities.	5 points
Fitness Classes or General Visits at an Athletic Club	Participate in 4 classes or 8 visits at an athletic club during a calendar month. (Provide documentation of number of visits or attendance log) Virtual classes accepted with proof of completion.	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
Potential maximum points		50

Community

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 15
Blood Donation	Submit City blood donation verification form* completed/signed at event.	5 points, maximum 15
Potential maximum points		35

*For more information on presentations, education sessions, training, and financial wellness consultation and volunteer/blood donation verification forms, visit DER's wellness website: www.milwaukee.gov/wycm

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.

Benefits and Wellness Contact List

Plan	Provider	Phone Number	Website / Email
Benefits Information	Department of Employee Relations/Benefits	414-286-3184	www.milwaukee.gov/benefits derbenefits@milwaukee.gov
City of Milwaukee Pension Fund	Employees' Retirement System	800-815-8418 414-286-3557	www.cmers.com
Commuter Value Pass	Department of Employee Relations	414-286-3184	derbenefits@milwaukee.gov
Deferred Compensation 457 Retirement Plan	Voya Deferred Compensation	844-360-6327 414-286-5541	www.milwaukeedcp.com
Dental Benefits	Care Plus Plan	414-771-1711	www.careplusdentalplans.com
Dental Benefits	Delta Dental	800-236-3712	www.deltadentalwi.com
DER Wellness Website and Email	Department of Employee Relations	414-286-3184	www.milwaukee.gov/wycm derwellness@milwaukee.gov
Employee Assistance Program (EAP) - Internal	Department of Employee Relations/Benefits	414-286-3145	www.milwaukee.gov/der/eap
EAP – External (for UHC members)	UHC Care24	800-942-4746	www.myuhc.com
FastCare® Clinics	Froedtert & MCW Workforce Health	See page 4	www.milwaukee.gov/wycm
Health Reimbursement Account and Flexible Spending	Benefit Advantage	800-686-6829	www.benefitadvantage.com claims@benadvan.com
Injury Prevention Clinic	Froedtert & MCW Workforce Health	414-777-3413	www.milwaukee.gov/wycm
Life Insurance	MetLife	414-286-3557	www.cmers.com/CMERS/Benefits/Life-Insurance.htm
Long Term Disability	Sun Life Financial	800-SUN-LIFE (800-247-6875)	www.sunlife.com/us
Medical Benefits	UnitedHealthcare	800-841-4901	www.myuhc.com
Onsite Nurse Liaison	UnitedHealthcare (UHC)	240-549-9879	www.milwaukee.gov/wycm mari.cohn@uhc.com
Pharmacy Benefits	OptumRx	800-841-4901	www.optumrx.com
Tuition Reimbursement	Department of Employee Relations	414-286-3650	tthanki@milwaukee.gov
Wellness Center	Froedtert & MCW Workforce Health	414-777-3413	www.milwaukee.gov/wycm
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

Text Messaging for Benefits and Wellness Information: To opt in, use shortcode 97211 and keyword MKEbenefits. Benefit plan providers are subject to change based on provider contract changes that may occur later in the year.



Workforce Health