

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



Continued

Workforce Health

Additional Point Opportunities - Continued

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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.