

2023-2024 Healthy Rewards Wellness Portal Action Plans



The City of Milwaukee wellness program offers online Action Plans to employees and spouses for Healthy Reward points. Action plans take 6-8 weeks to complete and registration is open until May 1, 2024. Participants earn 10 points for each completed action plan.

How do Action Plans work

Participants progress through a plan in sequence:

1. Initial Assessment—provides a picture of the participant’s health behaviors, risks and readiness to change.
2. Making a Plan—helps the participant select goals, identify barriers and begin health improvements.
3. Lessons—through video and interactive texts, show the participant how to reach goals by making gradual lifestyle changes.
4. Checking Your Progress—offers suggestions to help the participant meet goals not yet achieved and overcome remaining barriers.
5. Final Assessment—compares participant’s behaviors at end of the action plan with those reported in the initial assessment.

Each goal chosen by the participant generates a lesson, which explains the small changes necessary to significantly improve health.

How to sign up

- Log into the wellness portal and locate the Action Plans section. Choose an action plan and enroll.
- Wellness portal address: www.workforcehealth.org/cityofmilwaukee

Who can sign up for Action Plans

- Participants who do not meet the biometric target for glucose, LDL, and blood pressure will have a specific action plan available in the wellness portal.

Missed Biometric Target Action Plans

| Biometric Category | Optimal Biometric Target | Recommended Action Plans |
|-----------------------|--|--------------------------------------|
| Blood Pressure | Systolic: Less than or equal to 119 Diastolic: Less than or equal to 79 | Healthy Eating Action Plan |
| Fasting Blood Glucose | Optimal range fasting: Less than or equal to 110 Optimal range non-fasting: Less than or equal to 140 | Diabetes Prevention Action Plan |
| LDL | Less than or equal to 129 | Heart Disease Management Action Plan |



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Questions? Contact Workforce Health at 414-777-3410
Monday – Friday: 8 a.m. – 4:30 p.m.

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- The wellness portal has 6 additional action plans available to all city employees/spouses. Once those action plans are complete, participants earn 10 points with the maximum point opportunity of 40.
 - Back Pain
 - Depression
 - Diabetes Management
 - Heart Disease Prevention
 - Physical Activity
 - Stress Management

When do action plans need to be completed to earn Healthy Reward points?

- Registration for new action plans close mid-May 2024 and all steps of the action plan need to be completed by the last week of June 2024.

How to log-in to the Wellness Portal

Log into the wellness portal: www.workforcehealth.org/cityofmilwaukee

Type the wellness portal web address above directly into your browser's URL address bar. (You will not be able to Google, Bing, or search for the portal website.)

Returning Participants:

- Log into the wellness portal with the username and password from last year
- If you cannot access your account, click "Forgot Username" link
 - » Enter company code: 0007
 - » Enter User ID: 6 digit Employee ID (PeopleSoft ID) and spouse use employee ID + SP (example: 123456SP) and click send
 - » You will receive an email with the username you created
Note: The link expires after 30 minutes
 - » Once you receive your username, go back to the portal, click "forgot password" link, and enter username to continue

New Participants: (must register and create account)

- Go to wellness portal
- Locate "New Users" box and click "Register"
- In "New User Registration" box, complete all fields
 - » Company Code: 0007
 - » User ID = 6 digit Employee ID (PeopleSoft ID)
Spouse use employee's Employee ID+SP (Ex. 123456SP)
- Create and record your username and password to return to the portal



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10/21/2022