


# Healthy Rewards Program 2026–2027




## Program Overview

- **Dates:** July 1, 2026 – June 30, 2027
- **Who Can Participate:** All employees and spouses — even if not enrolled in City health insurance
- **To be eligible:** You must complete the 2026 Health Appraisal

Track and submit activities through the wellness portal: [workforcehealth.org/cityofmilwaukee](https://workforcehealth.org/cityofmilwaukee)



**BRONZE**  
75 Points  
\$150



**SILVER**  
100 Points  
\$250



**GOLD**  
125 Points  
\$350

## Biometric Points (Points available: 35)

Category	Optimal Range	Points
Blood Pressure	119/79 or lower	10
Blood Glucose	Fasting: less than 111, Non-fasting: less than 140	10
LDL	129 or lower	10
Nicotine Test	Negative (non-nicotine user)	5

## Education Activities (Points available: 130)

Category	Description	Points
30-Minute Registered Dietitian or Health Coaching Session	Meet with a Workforce Health Registered Dietitian or Health Coach for personalized guidance in reaching your health goals. One session every 2 weeks. (Points awarded immediately)	10, Max 30
Action Plans	Complete a 6–8 week plan via the portal. Must enroll by May 1, 2027. (Points awarded immediately)	5, Max 10
Wellness Portal Challenges	Complete challenges available throughout the year. (Points awarded immediately)	Varies, Max 20
Workshops, Education & Presentations	Attend sessions by Workforce Health, UHC Nurse Liaison, Financial Wellness, or City Safety and Cyber Security (non-mandatory only). Attendance tracked by presenter.	Varies, Max 55
Financial Wellness Consultations	Meet with a Voya or non-Voya advisor. Form required for non-Voya; available on DER website and Wellness Portal.	10, Max 20

## Preventive Activities (Points available: 85 points)

Category	Description	Points
<b>NEW!</b> Annual Physical	Submit EOB, bill, or letter from your Primary Care Provider.	20
<b>NEW!</b> Preventive Exams or Screenings	Mammogram, Skin Cancer, Colonoscopy, CT Lung Screening, Pap + Pelvic, Coronary Calcium Score, Bone Density Screening, PSA Screening. Submit EOB, bill, or letter from provider.	10, Max 40
Vision Exam	Submit EOB, bill, or letter from provider.	5
Biannual Dental Visits	Submit EOB, bill, or letter from provider.	5, Max 10
Flu Vaccine	Submit proof or attend a Workforce Health Flu Clinic.	5
<b>NEW!</b> Injury Prevention	Complete an ergonomic assessment with the Injury Prevention Clinic.	5
Blood Pressure Checks	Visit the Workplace Clinic, Nurse Liaison, Traveling Wellness Center and other partners.	1, Max 5

Physical Activity (Points available: 160)		
Category	Description	Points
Steps or Minutes Tracked Monthly	200,000 steps or 600 mins/month. Auto-tracked if synced to portal challenge.	5, Max 55
Fitness Classes or Gym Visits	Submit proof of 5 classes/visits per month. (in-person or virtual)	5, Max 55
Organized Athletic Events	5k, Stair Climb, Open Swim, Bike Event, and more! Submit registration or official results. (name & DOB required)	5, Max 25
Wellness Portal Fitness Classes	Complete 5 Workforce Health classes/month. (auto-tracked)	1, Max 25
Community Activities (Points available: 45)		
Category	Description	Points
CSA Membership	Submit proof of paid Community Supported Agriculture Share.	5
Formal Volunteer Events	1+ hour of volunteer time. Submit signed City verification form available on the DER website Wellness Portal.	5, Max 10
Blood Donation	Submit signed City donation verification form available on the DER website Wellness Portal.	5, Max 20
New! Mental and Behavioral Well-Being (Points available: 56)		
Category	Description	Points
Behavioral Health Session	Submit proof of session.	10, Max 30
Internal EAP Workshop, Education, QPR Training and Presentation	Attendance tracked by internal EAP presenter.	5, Max 20
Download the UHC Calm App	Submit screenshot of your account profile with name.	1
Psychological First Aid	Join internal EAP in a supportive intervention designed to help individuals in the immediate aftermath of a crisis or traumatic event. Attendance tracked by internal EAP presenter.	5



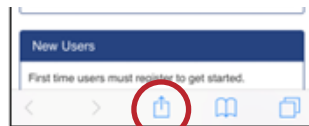
## Add a Portal shortcut icon to your home screen, similar to an app.

Here's how:

1. Open a web browser on your phone.
2. Go to: [workforcehealth.org/cityofmilwaukee](https://workforcehealth.org/cityofmilwaukee)

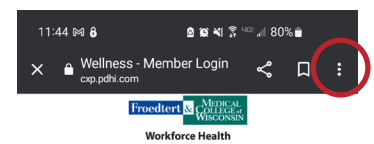
### iPhone:

1. Tap the **Share icon** (square with an arrow pointing up).
2. Scroll down and tap **Add to Home Screen**.
3. Tap **Add**.



### Android:

1. Tap the **Menu icon** (three dots in the top corner).
2. Select **Add to Home Screen**.
3. Tap **Add**.



## Questions? Contact Workforce Health:

- Phone: 414-777-3410 | Monday–Friday: 7:30 a.m.–4:30 p.m.
- Email: [cityofmilwaukee@froedtert.com](mailto:cityofmilwaukee@froedtert.com)

**Wellness Portal:** Visit [workforcehealth.org/cityofmilwaukee](https://workforcehealth.org/cityofmilwaukee) or scan the QR code



For questions about your Health Reimbursement Account (HRA), email [derwellness@milwaukee.gov](mailto:derwellness@milwaukee.gov)