



Upcoming Programming and Presentations for Healthy Rewards Points



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.

See the Healthy Rewards Program description available on the City’s wellness page, www.milwaukee.gov/WYCM, for additional point opportunities and details regarding point maximums.

Ongoing Programming

PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
Telephonic Coaching with a Health Educator	Varies	Phone	www.workforcehealth.org/cityofmilwaukee Locate the “Healthy Rewards Program” heading and click on “Schedule Onsite Health & Wellness Programs”	10
Telephonic Nutritional Coaching with a Registered Dietitian	Varies	Phone	www.workforcehealth.org/cityofmilwaukee Locate the “Healthy Rewards Program” heading and click on “Schedule Onsite Health & Wellness Programs”	10
Telephonic Appointment with a Local Voya Representative	Varies	Phone	Schedule an appointment via the online scheduler: https://bookvf15.timetap.com/ Employees and spouses may also call 844-360-6327 or email DEFCON@milwaukee.gov to schedule an appointment.	10
Online Financial Wellness Seminars	Available on demand	Web	Click here for the webinar menu. <ul style="list-style-type: none"> • Deferred Compensation Plan – Overview • Personal Finance Basics • Financial Market Volatility • Retirement Readiness • Social Security • Investing Concepts • Foundations of Financial Wellness • Plan For Your Someday Employees and spouses may watch the webinar multiple times, but will only receive points once. Participants that complete the quiz with a passing score will automatically be reported for points and do not need to submit the certificate.	5
Real Appeal	Varies	Phone/Web	Visit the City’s Real Appeal page for additional information about the program and Healthy Rewards points. Click here to enroll.	20 point maximum
Retirement Seminars with Employes’ Retirement System (ERS)	Varies	Web	Visit the ERS website here to register for an upcoming session.	10
Well Together Presented by Workforce Health	Biweekly, Wednesdays, 12:00pm, 30 minutes	Webinar via WebEx	Register through the Wellness Portal: www.workforcehealth.org/cityofmilwaukee Participants will receive an email with a link to join the presentation and may join via computer or the WebEx app.	5

**See the Healthy Rewards Program description for point maximums by category



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Upcoming Presentations/Training Sessions/Lunch and Learns

PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
<p>Conflict Management for Customer Service</p> <p>Presented by Vistelar</p>	<p>Part 1 Session Dates:</p> <p>August 3rd – August 24th</p> <p>August 9th – August 30th</p> <p>August 16th – September 8th</p> <p>August 23rd – September 13th</p> <p>August 30th – September 20th</p>	<p>Part 1 – online course (a link to complete the course will be sent to registered participants)</p> <p>Part 2 – live webinar</p>	<p>Register and choose your session here.</p> <p>This is a two part course. Part 1 is a self-paced online course. A link to complete part 1 will be sent to registered participants.</p> <p>Part 2 is a live presentation that is separate from this registration. Additional details regarding part 2 of this course and registration information will be sent to participants who complete part 1</p> <p>Part 1 and Part 2 of this course must be completed to earn points.</p>	10
<p>Coping with Frustration and Distress During a Stressful Time</p> <p>Presented by Onsite EAP Coordinator, Cris Zamora</p>	<p>Thursday, August 4th, 12:00pm, 30 minutes</p>	<p>Webinar via GoToWebinar</p>	<p>Click here to register for the webinar.</p> <p>Employees and spouses will receive a confirmation email with a link to join the GoToWebinar presentation. They may join via computer or the GoToWebinar app</p>	5
<p>Baby Café: City of Milwaukee Paid Parental Leave Policy</p> <p>Presented by the MHD Strong Baby Program</p>	<p>Thursday, August 4th, 12:00pm, 1 hour</p>	<p>Webinar via Zoom</p>	<p>Click here to register for the webinar.</p> <p>Employees and spouses will receive a confirmation email with a link to join the Zoom presentation. They may join via computer or the Zoom app</p>	5
<p>Preparing for Your Health Appraisal</p> <p>Presented by Workforce Health</p>	<p>Wednesday, August 10th, 12:00pm, 1 hour</p>	<p>Webinar via WebEx</p>	<p>Click here to register for the webinar.</p> <p>Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app</p>	5
<p>Basic Self Defense</p> <p>Presented by COBRA Self Defense Systems</p>	<p>Wednesday, August 10th, 8:30am, 2.5 hours</p>	<p>In-Person</p> <p>DNS Lake Tower, Third Floor, 4001 S. 6th St.</p>	<p>Click here to select a session and register.</p>	10
<p>Basic Self Defense</p> <p>Presented by COBRA Self Defense Systems</p>	<p>Wednesday, August 10th, 1:30pm, 2.5 hours</p>	<p>In-Person</p> <p>Milwaukee Fire and Police Academy, 6680 N. Teutonia Ave.</p>	<p>Click here to select a session and register.</p>	10



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PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
Basic Self Defense Presented by COBRA Self Defense Systems	Thursday, August 11 th , 9:00am, 2.5 hours	In-Person Milwaukee Fire and Police Academy, 6680 N. Teutonia Ave.	Click here to select a session and register.	10
Basic Self Defense Presented by COBRA Self Defense Systems	Thursday, August 11 th , 1:00pm, 2.5 hours	In-Person Milwaukee Fire and Police Academy, 6680 N. Teutonia Ave.	Click here to select a session and register.	10
Baby Café: Lactation Laws in the Workplace Presented by the MHD Strong Baby Program	Thursday, August 11 th , 12:00pm, 1.5 hours	Webinar via Zoom	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the Zoom presentation. They may join via computer or the Zoom app	5
Men's Health Presented by Onsite Nurse Liaison, Mari Cohn	Wednesday, August 17 th , 12:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
Men's Health Presented by Onsite Nurse Liaison, Mari Cohn	Wednesday, August 17 th , 6:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
Stress Management Toolbox Presented by Onsite EAP Coordinator, Cris Zamora	Thursday, August 18 th , 12:00pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the GoToWebinar presentation. They may join via computer or the GoToWebinar app	5
Building Resiliency During Difficult Times Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, August 23 rd , 12:00pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the GoToWebinar presentation. They may join via computer or the GoToWebinar app	5
Time Management: Strategies for Productivity and Efficiency Presented by Onsite EAP Coordinator, Cris Zamora	Thursday, August 25 th , 12:00pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the GoToWebinar presentation. They may join via computer or the GoToWebinar app	5



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PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
P.E.R.M.A: Positive Psychology and Happiness Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, August 30 th , 12:00pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the GoToWebinar presentation. They may join via computer or the GoToWebinar app	5
Health Trivia Presented by Onsite Nurse Liaison, Mari Cohn	Thursday, September 15 th , 12:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
Health Trivia Presented by Onsite Nurse Liaison, Mari Cohn	Thursday, September 15 th , 4:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
Preparing for Your Health Appraisal Presented by Workforce Health	Wednesday, September 21 st , 12:00pm, 1 hour	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
NAMI: Mental Health Disorder Overview for Improved Communication Presented by the National Alliance on Mental Illness (NAMI)	Tuesday, October 11 th , 10:00am, 2.5 hours	Webinar	Click here to select a session and register.	10
Understanding Diabetes Presented by Onsite Nurse Liaison, Mari Cohn	Thursday, October 20 th , 12:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
Understanding Diabetes Presented by Onsite Nurse Liaison, Mari Cohn	Thursday, October 20 th , 4:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5
NAMI: Mental Health Disorder Overview for Improved Communication Presented by the National Alliance on Mental Illness (NAMI)	Tuesday, November 1 st , 10:00am, 2.5 hours	Webinar	Click here to select a session and register.	10
Why is UnitedHealthcare Calling? Presented by Onsite Nurse Liaison, Mari Cohn	Thursday, November 17 th , 12:00pm, 30 minutes	Webinar via WebEx	Click here to register for the webinar. Employees and spouses will receive a confirmation email with a link to join the WebEx presentation. They may join via computer or the WebEx app	5