



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 DEFKOM@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 • Stay the Course – Market Volatility • Plan for Your Retirement Income • Women and Retirement • Retirement Readiness with myOrange Money • Foundations of Financial Wellness • Plan For Your Someday <p>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.</p>	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

**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
Defensive Driving Presented by the Wisconsin Safety Council	Thursday, May 2 nd , 8:30am, 4 hours	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	10
CPR/AED Training Presented by the Milwaukee Fire Department	Monday, May 13 th , 10:00am, 1.5 hours	In-Person DNS Lake Tower, 4001 S. 6 th St, Milwaukee, Third Floor Conference Room	Click here to register for this in-person class.	5
Making an Appointment with Sleep Presented by Workforce Health	Tuesday, May 14 th , 12:00pm, 45 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
Choosing Food for Health Presented by Onsite Nurse Liaison, Mari Cohn	Wednesday, May 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
CPR/AED Training Presented by the Milwaukee Fire Department	Monday, June 10 th , 12:30pm, 1.5 hours	In-Person DNS Lake Tower, 4001 S. 6 th St, Milwaukee, Third Floor Conference Room	Click here to register for this in-person class.	5
Making an Appointment with Sleep Presented by Workforce Health	Tuesday, June 11 th , 12:00pm, 45 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
Building Resiliency During Difficult Times Presented by Onsite EAP Coordinator, Cris Zamora	Wednesday, June 12 th , 12:00pm, 45 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 WebEx presentation. They may join via computer or the WebEx app	5
Working with Your Boss Presented by Onsite EAP Coordinator, Cris Zamora	Thursday, June 13 th , 12:00pm, 45 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 WebEx presentation. They may join via computer or the WebEx app	5



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PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
Assertiveness: A Guide to Getting What You Need Presented by Onsite EAP Coordinator, Cris Zamora	Thursday, June 20 th , 12:00pm, 45 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 WebEx presentation. They may join via computer or the WebEx app	5
Coping with Frustration and Distress During a Stressful Time Presented by Onsite EAP Coordinator, Cris Zamora	Wednesday, June 26 th , 12:00pm, 45 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 WebEx presentation. They may join via computer or the WebEx app	5
Time Management: Strategies for Productivity and Efficiency Presented by Onsite EAP Coordinator, Cris Zamora	Thursday, June 27 th , 12:00pm, 1 hour	Webinar via GoToWebinar	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