



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 <ul style="list-style-type: none"> ●Deferred Compensation Plan – Overview ●Personal Finance Basics ●Financial Market Volatility ●Retirement Readiness ●Social Security ●Investing Concepts 	Available on demand	Web	Click here for the webinar menu. 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

**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
Well Together Presented by Workforce Health	Wednesdays, 12:00pm, 30 minutes	Webinar via WebEx	Register through the Wellness Portal: www.workforcehealth.org/cityofmilwaukee 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
Alcohol and Substance Misuse During a Time of Crisis Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, March 2 nd , 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
Alcohol and Substance Misuse During a Time of Crisis Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, March 2 nd , 4:00pm, 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	Tuesday, March 9 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
Time Management: Strategies for Productivity and Efficiency Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, March 9 th , 4:00pm, 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
Basic Self Defense Training	Wednesday, March 10 th , 9:30am, 2 hours	Webinar	Advanced registration is required through your department's Training Information Coordinator.	10
Communicating for De-Escalation Strategies Presented by NAMI	Wednesday, March 10 th , 10:00am, 2.5 hours	Webinar	Advanced registration is required through your department's Training Information Coordinator.	10
Workforce Health Kitchen: Live! Presented by Workforce Health	Thursday, March 11 th , 4:30pm – 5:15pm 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
COVID Vaccine Myths and Facts Presented by Onsite Nurse Liaison, Mari Cohn	Friday, March 12 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



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<p>COVID Vaccine Myths and Facts</p> <p>Presented by Onsite Nurse Liaison, Mari Cohn</p>	<p>Monday, March 15th, 4:30pm, 30 minutes</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>	<p>5</p>
<p>Workplace Negativity: Addressing Poor Employee Morale (management only)</p> <p>Presented by Onsite EAP Coordinator, Cris Zamora</p>	<p>Tuesday, March 16th, 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>	<p>5</p>
<p>Workplace Negativity: Addressing Poor Employee Morale (management only)</p> <p>Presented by Onsite EAP Coordinator, Cris Zamora</p>	<p>Tuesday, March 16th, 4:00pm, 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>	<p>5</p>
<p>Dog Bite Prevention Safety</p> <p>Presented by Milwaukee Area Domestic Animal Control Commission (MADACC)</p>	<p>Wednesday, March 17th, 10:00am, 1.5 hours</p>	<p>Webinar</p>	<p>Advanced registration is required through your department's Training Information Coordinator.</p>	<p>5</p>
<p>Defensive Driving</p> <p>Presented by Wisconsin Safety Council</p>	<p>Thursday, March 18th, 8:15am, 4 hours</p>	<p>Webinar</p>	<p>Advanced registration is required through your department's Training Information Coordinator.</p> <p>Thursday, March 4th is the last day to enroll.</p>	<p>10</p>
<p>Time Management: Strategies for Productivity and Efficiency</p> <p>Presented by Onsite EAP Coordinator, Cris Zamora</p>	<p>Wednesday, March 24th, 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>	<p>5</p>
<p>Time Management: Strategies for Productivity and Efficiency</p> <p>Presented by Onsite EAP Coordinator, Cris Zamora</p>	<p>Wednesday, March 24th, 4:00pm, 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>	<p>5</p>
<p>Family and Friends</p> <p>Presented by National Alliance on Mental Illness (NAMI)</p>	<p>Thursday, March 25th, 10:00am, 2 hours</p>	<p>Webinar</p>	<p>Advanced registration is required through your department's Training Information Coordinator.</p>	<p>10</p>
<p>Workforce Health Kitchen: Live!</p> <p>Presented by Workforce Health</p>	<p>Friday, March 26th, 12:00pm – 12:45pm 45 minutes</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>	<p>5</p>



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Hitting the COVID Wall Presented by Onsite Nurse Liaison, Mari Cohn	Friday, March 26 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
Hitting the COVID Wall Presented by Onsite Nurse Liaison, Mari Cohn	Monday, March 29 th , 4:30pm, 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 Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, March 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
Stress Management Presented by Onsite EAP Coordinator, Cris Zamora	Tuesday, March 30 th , 4:00pm, 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
Preventive Care During a Pandemic Presented by Onsite Nurse Liaison, Mari Cohn	Friday, April 9 th , 12:00pm, 30 minutes	Webinar via GoToWebinar	Registration link is upcoming.	5
Preventive Care During a Pandemic Presented by Onsite Nurse Liaison, Mari Cohn	Monday, April 12 th , 4:30pm, 30 minutes	Webinar via GoToWebinar	Registration link is upcoming.	5