



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 Presentation: City of Milwaukee Deferred Compensation Plan – Overview	Available on demand	Web	Click here to watch the webinar. Watch the webinar and complete the quiz at the end with a passing score to earn Healthy Rewards points. Employees and spouses may watch the webinar multiple times, but will only receive points once.	5
Online Financial Wellness Presentation: Personal Finance Basics	Available on demand	Web	Click here to watch the webinar. Watch the webinar and complete the quiz at the end with a passing score to earn Healthy Rewards points. Employees and spouses may watch the webinar multiple times, but will only receive points once.	5
Online Financial Wellness Presentation: Voya Financial Market Volatility 2020	Available on demand	Web	Click here to watch the webinar. Watch the webinar and complete the quiz at the end with a passing score to earn Healthy Rewards points. Employees and spouses may watch the webinar multiple times, but will only receive points once.	5
Online Financial Wellness Presentation: Retirement Readiness with myOrange Money	Available on demand	Web	Click here to watch the webinar. Watch the webinar and complete the quiz at the end with a passing score to earn Healthy Rewards points. Employees and spouses may watch the webinar multiple times, but will only receive points once.	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 in October, 8:00am, 30 minutes	Webinar via WebEx	Click here to register for the group. 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
Well Together Presented by Workforce Health	Wednesdays in October, 12:00pm, 30 minutes	Webinar via WebEx	Click here to register for the group. 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 Tool Box Presented by Onsite EAP Coordinator, Cris Zamora	Wednesday, October 21 st , 12pm - 12:30pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the presentation. Employees and spouses will receive a confirmation email with a link to join the GoToMeeting presentation. They may join via computer or the GoToMeeting app.	5
Stress Management Tool Box Presented by Onsite EAP Coordinator, Cris Zamora	Wednesday, October 21 st , 4:00pm - 4:30pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the presentation. Employees and spouses will receive a confirmation email with a link to join the GoToMeeting presentation. They may join via computer or the GoToMeeting app.	5
NAMI: Mental Health Disorders Overview and Stigma: Combatting Myths, Embracing Truths, Reducing Stigma	Thursday, October 22 nd , 10:00am – 12:30pm, 2.5 hours	Webinar via Zoom	Advanced registration is required through your departmental training information coordinator or by contacting Tiffeny Marsh via email (tthanki@milwaukee.gov).	5
Defensive Driving Presented by the Wisconsin Safety Council	Tuesday, October 27 th 8:30am – 12:30pm, 4 hours	Webinar	Advanced registration is required by Friday, October 16 th through your departmental training information coordinator or by contacting Tiffeny Marsh via email (tthanki@milwaukee.gov).	10
Alcohol and Substance Misuse During a Time of Crisis Presented by Onsite EAP Coordinator, Cris Zamora	Wednesday, Oct 28 th , 12:00pm - 12:30pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the presentation. Employees and spouses will receive a confirmation email with a link to join the GoToMeeting presentation. They may join via computer or the GoToMeeting app.	5
Alcohol and Substance Misuse During a Time of Crisis Presented by Onsite EAP Coordinator, Cris Zamora	Wednesday, Oct 28 th , 4:00pm - 4:30pm, 30 minutes	Webinar via GoToWebinar	Click here to register for the presentation. Employees and spouses will receive a confirmation email with a link to join the GoToMeeting presentation. They may join via computer or the GoToMeeting app.	5
NAMI: Communicating for De-escalation	Thursday, November 5 th , 10:00am – 12:30pm, 2.5 hours	Webinar	Advanced registration is required through your departmental training information coordinator or by contacting Tiffeny Marsh via email (tthanki@milwaukee.gov).	5



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Upcoming Presentations/Training Sessions/Lunch and Learns

PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
Lone Worker Safety Training	Tuesday, November 10 th , 1:00pm - 3:00pm, 2 hours	Webinar	Advanced registration is required through your departmental training information coordinator or by contacting Tiffeny Marsh via email (tthanki@milwaukee.gov).	5