



Upcoming Programming and Presentations for Healthy Rewards Points



Healthy Rewards is the City’s incentive-based wellness program. Participants can earn 3 levels of points to earn a Health Reimbursement Account (HRA) up to \$700 if their spouse completes the program. Participants do not need to be enrolled in the City’s Health Insurance to participate.

For additional point opportunities and details regarding point maximums, see the Healthy Rewards Program description on the city's wellness page, www.milwaukee.gov/WYCM.

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 Employees and spouses may watch the webinar multiple times, but will only receive points once. Participants who 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 Employees’ 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



Upcoming Programming and Presentations for Healthy Rewards Points



Upcoming Presentations/Training Sessions/Lunch and Learns

PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
Coping with Work Stress	December 10, 2025: 12:00 p.m. 60 minutes	Virtual Presentation	Click here to register for the Webinar.	5
Friends and Family: Coping with Mental Health Illness	Wednesday, December 10, 2025: 10:00 a.m.	Virtual Presentation	Click here to register for the Webinar.	
Psychology of Change	December 17, 2025: 12:00 p.m. 60 minutes	Virtual Presentation	Click here to register for the Webinar.	5
Go for your Goals Session 1	January 12, 2026: 12:00 p.m. 45 minutes	Virtual Presentation	Click here to register for the Webinar.	
Go for your Goals Session 2	January 19, 2026: 12:00 p.m. 45 minutes	Virtual Presentation	Click here to register for the Webinar.	
Go for your Goals Session 3	January 26, 2026: 12:00 p.m. 45 minutes	Virtual Presentation	Click here to register for the Webinar.	