

# Phase II: Healthy Rewards

July 1, 2017 through June 30, 2018



**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/partner completes the program.

## NEW! Tiered Points and Awards System:

- 75 Points = \$150 HRA
- 100 Points = \$250 (total) HRA
- 125 Points = \$350 (total) HRA

## How the Program Works:

- Employees/spouses/partners who complete **Phase I: The Health Appraisal** are automatically awarded biometric points.
- Participants with biometric results outside of the optimal range can get rechecks at the City's Wellness Center, Workplace Clinic or complete a health action plan through the new wellness portal.
- Additional point opportunities (see other side) are available throughout the year and can be submitted at your health appraisal, via e-mail, phone, fax or through the wellness portal.
- E-mail: [cityofmilwaukee@froedtert.com](mailto:cityofmilwaukee@froedtert.com) • Phone: 414-777-3410 • Fax: 262-253-5152
- Wellness portal: [www.workforcehealth.org/cityofmilwaukee](http://www.workforcehealth.org/cityofmilwaukee) (View point balance, submit Healthy Reward paperwork, review program requirements, schedule coaching appointments and register for fitness and wellness classes)



### Who can participate?

City of Milwaukee employees and their spouse/partner. Participants do not need to be enrolled in the City's health insurance plan.

### Requirements to participate:

Must complete Phase I: The Health Appraisal

## Biometric Point Opportunities from Phase I

		Points
Fasting blood glucose	Optimal range: <b>Less than or equal to 110</b> (Recheck available or complete a health action plan*)	10
LDL	Optimal range: <b>Less than or equal to 130</b> (Recheck available or complete a health action plan*)	10
Nicotine and cotinine	Negative test earns 10 points	10
Waist circumference	Optimal range <b>Male: Less than or equal to 41 inches</b> Optimal range <b>Female: Less than or equal to 36 inches</b> (Recheck available or complete a health action plan*)	10
Blood pressure	Optimal range: <b>Systolic: Less than or equal to 120</b> <b>Diastolic: Less than or equal to 80</b> (Recheck available or complete a health action plan*)	10
<b>Potential biometric points: (A minimum of 20 points required from this section)</b>		<b>50</b>

\*Recheck available at the Wellness Center or Workplace Clinic (Located in the Zeidler Municipal Building.) Call 414-777-3413 to schedule an appointment. A health action plan can be completed through the new wellness portal.

If you think you might be unable to meet a standard for a reward under this program, you may qualify for an opportunity to earn the same reward by different means. E-mail the Department of Employee Relations (DER) at [derwellness@milwaukee.gov](mailto:derwellness@milwaukee.gov) and we will work to find a program with the same reward that is right for you in light of your health status.

In partnership with



Workforce Health

07142017

Continued

# Phase II: Healthy Rewards

(continued)

Submit points year-round through the new wellness portal:

[www.workforcehealth.org/cityofmilwaukee](http://www.workforcehealth.org/cityofmilwaukee)



## Additional Point Opportunities

### Educational

### Points

<b>30-minute coaching session</b> (One session per week allowed)	Meet with a Workforce Health coach to discuss your health goals. May be done in person or telephonically. <b>One session required if you earn less than 40 biometric points.</b>	10 points each, maximum 30
<b>Group or department programs</b>	Visit the <a href="#">Healthy Rewards*</a> website listed at the bottom of page for more info and the schedule of programs.	Varies, maximum 30
<b>Presentations/Lunch 'N Learns</b>	Presented by Workforce Health, EAP, Financial/Deferred Compensation, etc. Visit the <a href="#">Healthy Rewards*</a> website for a schedule.	5 points each, maximum 30
<b>Electronic resources</b>	Log into <a href="http://myuhc.com">myuhc.com</a> , UHC Health4Me app or Deferred Compensation Account.	5 points, maximum 10
<b>Financial wellness</b>	Attend one-on-one consultations with a personal financial representative or advisor (Voya or non-Voya rep.)	10 points, maximum 20

### Preventive

<b>Primary care physician release</b>	Sign a release to have your full lab results sent to your primary care provider.	5 points, maximum 5
<b>Preventive exam, vision exam, behavioral health session</b>	Show a copy of your explanation of benefits or paid bill. (Preventive exam examples: Mammogram, annual wellness exam, prostate exam, etc.) Visit the <a href="#">Healthy Rewards*</a> website for a list of preventative visits.	10 points, maximum 30
<b>Annual dental visit</b>	Show a copy of your explanation of benefits or paid bill.	10 points, maximum 10
<b>Annual flu shot</b>	Show a copy of your explanation of benefits, paid bill or sign a release when Workforce Health provides flu shots in Fall 2017.	5 points, maximum 5
<b>Blood pressure checks</b>	Complete five blood pressure checks. (Workplace Clinic, Wellness Center, Traveling Wellness Center or Primary Care Provider)	5 points, maximum 5

### Activity (Maximum 40 points from this section) Earn all 40 activity points from one and/or all physical activity options.

<b>200,000 steps or 600 minutes of activity in a 4-week period</b>	Report through an activity tracking device or trackable app.	5 points
<b>Fitness classes or general visits at an athletic club</b>	Participate in 4 classes or 8 general visits at an athletic club during a 4-week period. (Provide a printout showing number of visits or attendance log.)	5 points
<b>Organized athletic events</b>	Participate in an organized athletic event. (walk, run, triathlon, etc.) Provide a copy of registration form or results printout that shows your name, date of birth, description and date.	5 points

**Potential additional points**

**215**

\* For more information, visit the City of Milwaukee Healthy Rewards website: [www.milwaukee.gov/healthyrewards](http://www.milwaukee.gov/healthyrewards)