

Earn points with the new wellness program

WHAT WILL YOU IMPROVE FOR?

my pets easier stair climbs
 stress-free workdays
tomorrow **peace** my time
new clothes **motivation**
being better than i used to be
my Life longer walks on the beach
my goals **strong lungs** *keeping up with my teens*
less stress **bragging rights** *more smiles*
 ME! *love* **my grand kids**
my health **long life** **my over all well-being**
my kids *mental well-being* **my heart** *happiness*
 a better me **bathing suit season** **freedom** *a marathon*
the person in the mirror **balance** *saving money*
my co-workers *less medications* **not being last** **my future**

family *to feel like a kid again*
 my spouse
looking better at 40 than 30

those who can't
joy
Self Control
a better job title

IMPROVE YOURSELF

Earn points with the new wellness program

Discover a healthier you with the employee wellness program and earn a discount on your medical plan contributions. The Wellness Connection has developed a comprehensive 3-step plan with options for everyone.

Employees who collect 500 points by participating in qualifying wellness activities will receive a discount on their medical plan contributions starting May 1, 2014.

In addition, employees who go beyond 500 points can earn points for prize drawings, including for gift cards and even a Wii game console, depending on total points earned.

Activities for earning points include participating in Family Wellness day, charity run/walk events, healthy pregnancy program, fitness activities, disease management programs, smoking cessation programs and more.

ONE

Get your biometric measurements

TWO

Complete your annual health assessment

THREE

Earn points through wellness activities

Contact Information

Wellness Customer Service

713-837-9400
888-205-9266

wconnection@houston.tx.gov
www.houstonwellnessconnection.org

EAP

Toll-Free: 855-378-7485
TDD: 800-697-0353

www.guidancesresources.com
Web ID: HOUSTONEAP



GET REPORTING FORMS AT:

www.houstonwellnessconnection.org

FAX OR EMAIL SCANNED DOCUMENTATION TO:

fax: 713-837-9490

email: wconnection@houston.tx.gov



Q How do I get my medical plan contribution discount?

Active employees on the city's medical insurance plan are eligible for a discount by completing these three easy steps:

STEP 1: Get your biometric measurements at an on-site biometric screening event. Or, you may use measurements from any doctor visit beginning January 1, 2013.

STEP 2: Complete your health assessment by September 30, 2013.

STEP 3: Earn at least 500 wellness points by March 31, 2014.

Q I am a new employee. What do I do?

New employees whose benefits become effective prior to March 1, 2014 will have 90 days after their benefits start date to complete the annual health assessment.

Q I am retired. Do I need to do anything?

No. The following individuals are exempt from the requirements for the premium discount program: retirees, and employees on military leave, FMLA and worker's compensation.

Q I got my well woman exam in January 2013, does that count?

Any preventive health screening/service received from January 1, 2013 will count. Employees will be provided with a form to report preventive screening.

Q I completed the health assessment and I have no health risks. Do I still have to participate to get the discount?

Employees with no risk based on the Cigna health assessment will receive a congratulatory certificate, a letter, and an automated phone call explaining their health risk status and are exempted from the 500 wellness point requirement.

Employees with zero health risk will also automatically receive a premium discount for the 2014-2015 benefit year. These employees are still encouraged to earn wellness points to be eligible for prize drawings.

Q How do I report my points?

You can download and print a reporting form at www.houstonwellnessconnection.org. Please complete and submit documentation to Wellness Connection at wconnection@houstontx.gov or fax your documents to 713-837-9490.

Q Where can I see how many points I have?

You can check your points at www.houstontx.gov/ess. Points are posted online within 2-4 weeks after you've faxed or emailed your report form and supporting documentation.

Q What do I win for getting all these points?

Earn at least 500 points by March 31, 2014 to get the premium discount. Earn more than 500 points to be entered into drawings to receive prizes. See the point membership levels for details. Prize drawings will occur on April 30, 2014.

HOW TO EARN POINTS

	Biometrics & Health Assessment	Preventive Health Screening	Healthy Pregnancy Program	Disease Management Program	Cigna Health Coaching	Smoking Cessation Program	Department-Specific Program	Physical Activity	Complementary/ Alternative Medicine	Wellness Presentations
Points	250	125	250	250	100	100	100	75	75	50
Details	<p>Get up-to-date biometric measurement at an on-site event or at your doctor's office (starting Jan. 1, 2013) and complete the annual health assessment correctly by September 30, 2013.</p> <p>REQUIRED</p>	<p>Complete any age-appropriate preventive health screening or service such as a flu shot, mammogram, eye exam or dental cleaning between January 1, 2013 – March 31, 2014.</p> <p>Required documentation: receipt of service or return to work letter and reporting form.</p>	<p>Participate in ComPsych's Healthy Pregnancy Program, which provides support to expecting mothers throughout their pregnancy.</p> <p>To enroll, please call 1-855-378-7485.</p>	<p>Participate in a disease management program for chronic or long-term conditions such as diabetes, high cholesterol or hypertension through your healthcare provider.</p>	<p>Participate in a series of Your Health First coaching calls. Set wellness goals and document progress with your health coach to earn points.</p>	<p>Complete a smoking cessation program such as the Cigna Quit Today online program or similar smoking cessation initiatives. Only current smokers are eligible for this option.</p>	<p>Complete a department-specific challenge such as Route 66 or educational program like the Balanced Living Program. You must fulfill all the requirements of the program to receive wellness points.</p>	<p>Participate in at least 15 sessions (each lasting at least 30 minutes) per month. These sessions include walking, cycling, yoga, spinning, swimming, strength training, etc.</p> <p>Required documentation: a print out from your gym or a complete physical activity log.</p>	<p>Participate in complementary / alternative medicine such as acupuncture, chiropractor or stress management.</p> <p>Required documentation: receipt of service or return to work letter and reporting form.</p>	<p>Attend an on-site wellness presentation, seminar or Lifestyle Management Program.</p>
Max Points Earned	250	250	250	250	300	200	300	300	150	200
Completed	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
My Total Points										

	Family Wellness Day	Charity Walk/Run	Weight Management Program	
Points	50	50	50	GRAND TOTAL
Details	<p>Attend the annual City of Houston Family Wellness Day in November 2013.</p>	<p>Complete a charity walk or run with a 5k minimum.</p> <p>Required documentation: registration email, official finishing times or a picture of you participating at the event and reporting form.</p>	<p>Participate in a weight management program like Weight Watchers or Jenny Craig, which includes education about healthy eating, exercise with a goal of improving or maintaining weight. Points are awarded for every 4 sessions attended.</p> <p>Required documentation: reporting form.</p>	
Max Points Earned	50	250	250	
Completed	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
My Total Points				

WHAT LEVEL WILL YOU BE? Employees will achieve levels based on the total wellness points earned by March 31, 2014.

Platinum	Gold	Silver	Bronze	Participation
955 or more points	805-950 points	655-800 points	505-650 points	at least 500 points
<p>In addition to a Wellness Champion t-shirt, you will be entered into a drawing for one of the prizes listed below:</p> <ul style="list-style-type: none"> Wii Game Console plus 1 fitness game \$100 gift card to a healthy food store/restaurant/fitness store 6-month YMCA Pass 	<p>In addition to a Wellness Champion t-shirt, you will be entered into a drawing for one of the prizes listed below:</p> <ul style="list-style-type: none"> \$75 gift card to a healthy food store/restaurant/fitness store 17-Week Weight Watchers Pass 3-month YMCA Pass 	<p>You will receive a Wellness Champion t-shirt and will be entered into a drawing for one of the prizes listed below:</p> <ul style="list-style-type: none"> \$50 gift card to a healthy food store/restaurant/fitness store 1-month Weight Watchers Pass 1-hour Massage Certificate 	<p>In addition to a Wellness Champion rubber wristband or an apple pin, you will be entered into a drawing for the prizes listed below:</p> <ul style="list-style-type: none"> \$25 gift card to a healthy food store/restaurant/fitness store Insulated Lunch Bag 1-week Weight Watchers Pass 	<p>Earn at least 500 points between June 1, 2013 and March 31, 2014 to receive a Wellness Champion rubber wristband or an apple pin.</p>
NOTE: All prize drawings will occur on April 30, 2014.				

POINT COLLECTION
JUNE 1, 2013 - MARCH 31, 2014

For reporting forms and physical activity logs, visit www.houstonwellnessconnection.org.
 Submit wellness point documentation to email: wconnection@houstontx.gov or fax: 713-837-9490

NO FORMS = NO POINTS!