



Making Wellness Work

City of Concord Wellness Program



Why Should I Participate? What's In It For Me?



All full time City employees and City-insured spouses are eligible to participate in the City of Concord's Wellness Program.

If you are an employee, even if you do not elect health insurance, you are eligible to participate and earn up to \$250 in Wellness points (dollars). This program is voluntary and designed to help you reach your goals, stay motivated and save you money.

- You may earn up to **\$250 Wellness Points** (*per participant*) to offset the cost of your Health insurance. If you opt out of insurance, you would receive the \$250 Wellness points as cash in your paycheck. \$250 Wellness points equates to \$5.21 per paycheck!
- You and your city-insured spouse could each receive an additional **\$200 CASH** by participating in the Fitness Incentive Program*. (*\$100 every 6 months*)
- You and your city-insured spouse could each receive up to **\$300 in reimbursements*** (per participant) if you participate in an approved health education or exercise class (for example - Zumba, Jazzercise, Weight Watchers, Parenting Education, or Disease Management education sessions). **Remember:** this can also be used for non-motorized race entry fees or sports registration fees (does not include rental of any associated equipment). Will need to provide proof of completion of each event.
- Upon achieving the \$250 wellness points, you will be able to continue earning points through the online portal to be entered into drawings for prizes.

What do I need to do to start earning \$\$?

1. Go online to the Harvard Pilgrim Limeade App
2. Register for the Wellness Program through Limeade
3. Watch a virtual Beneflex education session

OPTIONAL COMPONENTS

1. Screening Attestation—will need to indicate the screening
2. Participate in Healthcare Consumerism workshop (or watch recording)
3. Complete exercise activity
4. Participate in any combination of educational activities

Each time you participate in an education session, a screening or complete exercise, you earn Wellness points that will be awarded to you in May during Open Enrollment. These points will be tracked in live time through the Limeade App.

* You must be on the city's medical insurance to be eligible for this program and all exercise must be completed at an approved fitness facility.

Funding for the City's Wellness Program or any portion thereof as described in this document is subject to annual appropriation by City Council