

WEIGHT WATCHERS

(20 Points) – A twelve-week fee based weight management program offered at various City of Memphis worksites.

CIGNA LIFESTYLE MANAGEMENT PROGRAM (1-866-417-7848) ENROLL

(15 Points for each program completed) – Whether you are looking for help with weight, tobacco, or stress management, Cigna's Lifestyle Management Programs are available to help you reach your goals. Each program is easy to use, at no cost to you and is available online and/or over the phone. You must bring in a completion letter to receive points.

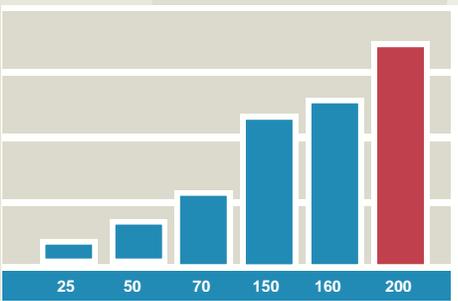
BETTER BODIES

(15 Points) – A six-week group weight management program that combines goal setting, low-fat meal planning and exercise to your daily routine to make lasting lifestyle changes.

FITNESS CENTER MEMBERSHIP

(10 Points) – Participants can be a member of the City of Memphis fitness center or a local gym such as the YMCA. Participants must show proof of membership and workout at least eight times per month to receive points.

START EARNING YOUR POINTS TODAY



A WELLNESS EDUCATION COORDINATOR AND BENEFITS WELLNESS MANAGER ARE AVAILABLE TO ASSIST EMPLOYEES AND THEIR FAMILIES IN CREATING A HEALTHY LIFESTYLE. PLEASE CONTACT US

A WELLNESS PASSPORT CAN BE OBTAINED AT THE HEALTH, WELLNESS & BENEFITS OFFICE OR VIA THE INTRANET



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WELLNESS WORKS REWARDS PROGRAM



Health, Wellness, & Benefits

The City of Memphis offers a comprehensive health and wellness program that encourages employees to choose a healthy lifestyle by providing health and wellness seminars, weight management programs, disease management, tobacco cessation, walking club/program, health risk assessments, flu shots, healthy cooking classes, and a variety of other health and wellness activities and programs at various City of Memphis worksites.

The Wellness Works Rewards Program is designed to reward participants for taking charge of their health and being active. The program gives employees the opportunity to complete a wide range of health and wellness activities to earn points for your Wellness Works Points Bank. To receive rewards, you must accumulate a total of 200 points between July 1, 2012 and June 30, 2013.

1. To begin, obtain a wellness passport to track your points.
2. Complete a health risk assessment and receive a 360° view of your current health and fitness.
Visit: www.mycigna.com
3. The results will be used to set SMART goals and develop your personalized action plan.

How the Rewards Program works...

How Can I Participate?

Employees who participate and earn the required points will receive great incentives such as gift cards for their health improvement. You are not officially enrolled in the rewards program until you have completed and submitted your Health Risk Assessment (HRA). Points may be accumulated by participating in a variety of the following programs:

HEALTH AWARENESS

DISEASE MANAGEMENT

(25 points) – A monthly 3-hour class offered to assist employees with managing chronic diseases such as diabetes, heart disease and hypertension. The class is led by a Registered Dietitian.

THE HEALTH RISK ASSESSMENT (HRA)

(25 Points for 2012-2013) is your official entry point into the rewards program. This is a confidential, online survey which is a tool used to evaluate the status of your current health. Completion of the HRA is required.

SMOKING CESSATION

(25 Points) – A six-week online or telephonic smoking cessation program that is offered through Cigna Healthcare. It is designed to help participants through all the stages of withdrawal from nicotine addiction. A health risk assessment will be completed prior to beginning the program.

HEALTH AWARENESS FAIR

(15 Points) – An annual family oriented event that offers a variety of activities such as free health screenings, healthy cooking classes, swimming contests, 5K, basketball tournaments, pet adoptions and much more.

PREVENTATIVE

CHOLESTEROL & GLUCOSE SCREENINGS

(25 Points) – You can have a complete lipid profile and glucose done during this screening. The test results are ready in about 7 minutes and our health professionals will

be on-hand to provide counseling that can lead to behavior changes and healthier lifestyles. The screenings will be offered at various City of Memphis worksites on a quarterly basis.

MAMMOGRAM/COLONOSCOPY/PSA

(15 Points) – Participants will need to complete an exam on an annual basis and show proof of the exam to receive points.

ANNUAL EXAM

(25 Points) – Your Cigna HealthCare Plan allows you and your covered dependents to have a physical examination once a year with no co-pay. With this life-saving benefit, you can receive a variety of services such as a complete physical exam, ultrasound of the carotid arteries & thyroid gland, a complete lab panel, urinalysis and chest x-ray. Following the assessment, you must show proof of the exam to receive points.

HEALTHY LIFESTYLE

HEALTHY COOKING CLASSES/WELLNESS SEMINAR

(10 Points) – Quarterly cooking classes and a monthly interactive 3-hour seminar that covers the latest health, fitness, and wellness information.

CORE HEALTH WELLNESS CHALLENGE

(15 Points) – On-going six-week activity, nutrition, weight loss and wellness challenges designed to assist with behavior changes and improve or maintain the fitness level of participants.

SPONSORED CHARITY WALKS/RUNS

(10 Points) – Participants can participate in a variety of 5K/Half & Full Marathons to receive points. Proof of race registration and completion is required to receive points.





Employee #: _____

Site: _____

Name: _____

Employee

Wellness & Benefits by June 30, 2013.

return your completed Wellness Passport to Health,

When you have earned 200 points or more, please

again.

have your Wellness Passport programs/activities verified

contact the Wellness Education Coordinator. You must

another one on the Intranet under Human Resources or

If you lose your Wellness Passport, you can print

Take your passport with you to all wellness events.

Please remember:

We want to assist you in building a healthy lifestyle

Use this Wellness Passport to track your participation in the City of Memphis Health and Wellness programs/activities beginning July 1, 2012. You will be able to document your activities beginning July 1, 2012 to June 30, 2013.

- To receive your Wellness Works Rewards points you must accumulate a total of at least 200 points to receive a \$100 gift card. You are not officially enrolled in the program until you have completed and submitted your online Health Risk Assessment (HRA). Upon confirmation and completion of the HRA you will be awarded a \$25 gift card. The HRA must be completed by September 30, 2012 in order to receive this gift card. Gift cards will be distributed at the end of the campaign between October 15, 2012 and November 15, 2012. All gift cards not claimed will be forfeited. You must complete a variety of wellness programs/activities by June 30, 2013 in order to receive an additional gift card reward of \$75.
- Your attendance and participation will need to be initialed by the speaker, a wellness staff member or your physician/nurse for most programs/activities. Please bring proof of your mammogram, colonoscopy, PSA and annual exams to receive points. You must submit a completion letter for the Cigna Lifestyle Management programs to receive points.

ACTIVITY	POINTS	VERIFIED
Health Awareness		
Health Risk Assessment (HRA)	25	
Disease Management	25	
Smoking Cessation	25	
Health Awareness Fair	15	
Preventative		
Cholesterol & Glucose Screening	25	
Mammogram/Colonoscopy/ PSA	15	
Annual Exam	25	
Healthy Lifestyle		
Healthy Cooking Classes/Wellness Seminar	10	
Core Health Wellness Challenge	15	
Sponsored Charity Walks/Runs	10	
Weight Watchers	20	
Cigna Lifestyle Management Program	15	
Better Bodies	15	
Fitness Center Membership	10	