

➤ REWARD & DEADLINES

REWARD OPPORTUNITY #1

All eligible City of Boulder participants who complete the health questionnaire **and** attend a health screening (or submit results from your physician) by **10/31/14** will earn:

1 **A credit toward your share of the health insurance premium, if you enroll in the city health coverage.**

This credit is \$15 per month for the \$500 or \$1,000 deductible plans and \$30 per month for the \$1,500 deductible plan.

2 **A taxable* City of Boulder Recreation Pass for the 2015 calendar year.**

✓ The pass includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, and over 100 drop-in yoga and fitness classes per week.

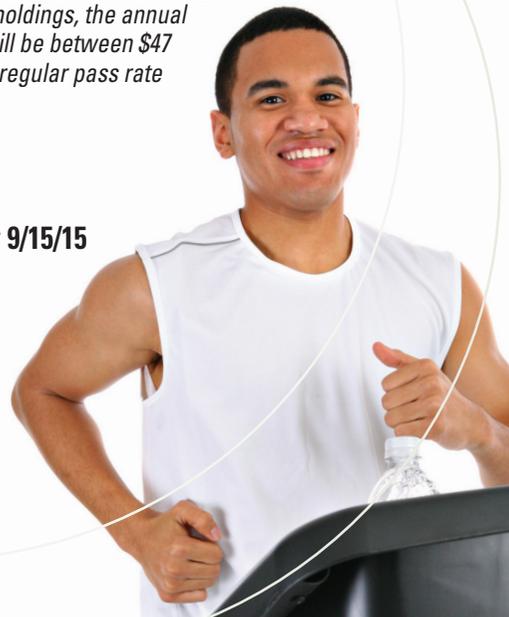
✓ Pass holders are eligible to purchase recreation passes for family members at the discounted fee of \$100 per family member.

✓ Pass holders may register for one leisure or healthy lifestyle class, listed in the Parks and Recreation class guide, per quarter at no cost.

** The recreation center pass is a taxable benefit. Depending on your annual earnings and W-4 withholdings, the annual taxes on the recreation pass for 2015 will be between \$47 and \$85 (\$1.96 to \$3.54 per check). The regular pass rate for a resident of Boulder is \$552 in 2015.*

REWARD OPPORTUNITY #2

Participants who earn 10,000 points by **9/15/15** will be entered into a drawing for **(10) \$500 VISA gift cards.**



➤ HEALTH SCREENINGS 2014

You must complete the Health Screening in order to get your individual HealthScore.

DATE	TIME	LOCATION
Wed., Oct. 1	6:30 – 10:30 a.m.	East Bldr Comm Ctr - Health Fair **
Thur., Oct. 2	6:30 – 8:30 a.m.	Municipal Svc Center
Tues., Oct. 7	6:30 – 9:30 a.m.	Municipal Building - Council Chambers
Wed., Oct. 8	6:30 – 9:30 a.m.	OSMP Annex
Thur., Oct. 9	6:30 – 9:30 a.m.	Public Safety Building - East (PSB employees only)
Tues., Oct. 14	6:30 – 9:30 a.m.	Municipal Building - Council Chambers
Tues., Oct. 14	1:00 – 3:00 p.m.	Public Safety Building - East (PSB employees only)
Wed., Oct. 15	6:30 – 8:30 a.m.	Municipal Svc Center
Fri., Oct. 17	6:30 – 9:30 a.m.	Municipal Building - Council Chambers
Tues., Oct. 21	6:30 – 9:30 a.m.	Municipal Building - Council Chambers
Fri., Oct. 24	6:30 – 9:30 a.m.	Municipal Building - Council Chambers

**Mammograms available 7:00 a.m. to 2:00 p.m. Call (720) 848-1030 to schedule a specific time or for more information.

Flu Shots Available All Dates. No cost for employees. Please bring UHC medical card, if you have medical coverage through the city. Dependents aged 3+ and covered by UHC are free. Other dependents aged 3+ years, bring a \$25 personal check.

Lab Results Accepted from Personal Physician.

If you have completed a recent physician appointment that included blood work between August 1 and October 24, 2014, you can use this in place of completing an onsite health screening. Here's how it works.

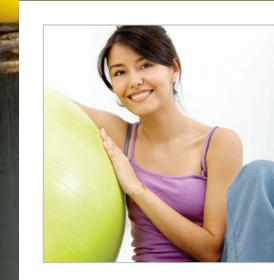
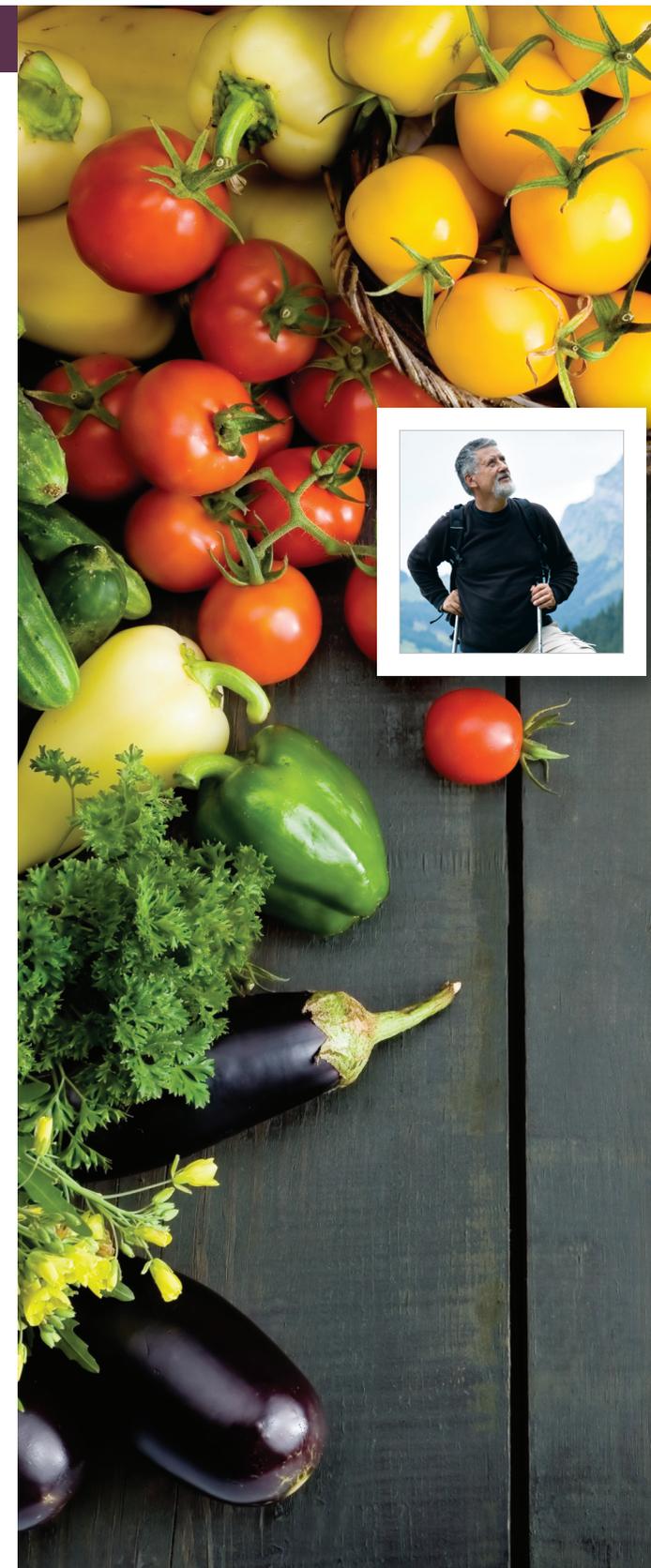
- Follow the enrollment instructions in the "How Do I Enroll" section.
- During Step 3: Select "Alternate Screening" instead of an actual screening date.

To obtain a copy of the Physician Clinical Results Form, go to www.bouldercolorado.gov/benefits or download it from the Quick Links section on the top left hand corner of your SimplyWell Home for Health page.

If you have technical problems enrolling or have a health-related question, call SimplyWell at 1.877.991.9355

For general questions about the *WellnessWorks!* program, see www.bouldercolorado.gov/benefits or contact one of your wellness staff:

Stewart Ellenberg Risk Manager 303.441.3075	Kevin Krayna Safety & Workers' Compensation Specialist 303.441.3061	Summer Kennedy Health & Wellness Program Supervisor 303.413.7264	Stacy Ludwig Risk Management 303.441.4009	Ben Pennymon Communications 303.441.3041
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CITY OF BOULDER

WELLNESS
PROGRAM
INFORMATION

REGISTRATION
OPENS –
SEPTEMBER 16, 2014

ENROLLMENT
DEADLINE –
OCT. 24, 2014
(WITH PHYSICIAN FORMS
DUE BY OCTOBER 31)

www.bouldercolorado.gov/benefits





Dear Colleagues,

Maintaining or improving our health is something that we all aspire to do and the city's **WellnessWorks!** program is here to help you meet your health goals. This employee wellness program strives to provide the incentives, tools, education, inspiration and support you need to achieve and maintain a healthy lifestyle.

Be sure to take a look inside this brochure to learn more about the number of ways for you to stay active in the program as you work toward your health goals. From wellness events to rewards, it provides just about everything you'll need to know about the **WellnessWorks!** program.

Also, the annual **WellnessWorks!** enrollment begins September 16, and I encourage everyone to sign-up. Prevention is a key component to good health and research shows that wellness programs can provide early detection to save lives.

Our continued success in the areas of health improvement and cost reduction depend on your active engagement in our employee wellness program, not only in the enrollment phase, but all year long.

Sincerely,

Jane Brautigam
City Manager

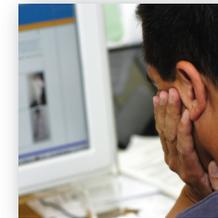
WellnessWorks!

➤ WELLNESS PROGRAM OVERVIEW

The City of Boulder **WellnessWorks!** benefit is here to help you reach and maintain optimal health. This benefit challenges you to earn 10,000 points by September 15, 2015, and rewards you along the way! The cornerstone of the wellness benefit is an online health management program powered by SimplyWell. The SimplyWell website offers a wealth of new tools and resources while integrating many of our offerings into one, point-based program. You log your information and participation. SimplyWell will do the rest.

*The following components are available free to all **benefit eligible standard employees:***

- **Personal health score feature**
- **Individual health report & action plan**
- **Online medical record**
- **Onsite classes, seminars, challenge programs and special events**
- **Educational modules**
- **Self-tracking of health maintenance and measures**
- **Personalized healthy lifestyle coaching sessions via phone**
- **24-hour nurse call line**
- **Health and wellness resources**
- **Monthly wellness newsletter**
- **Complimentary consultation with personal trainer and dietitian**



➤ HOW DO I ENROLL?

STEP 1: GO TO WWW.SIMPLYWELL.COM

All participants begin by clicking on LOG IN on the upper right hand side of the screen.

Current Participants: Log in on the left-hand side using your personal ID and password you already created.

New Participants: Click on LOG IN, then click on the REGISTER NOW button below the First Time User. Enter your participant ID, date of birth and gender in the space provided then select the REGISTER button. For participant ID, please use the capital alpha characters "COB" followed by your six digit employee ID number. Please add zeros to your ID to make it 6 digits. Example: COB001358

STEP 2: REGISTER FOR YOUR HEALTH SCREENING.

There are eleven health screenings scheduled at various city locations (see back center panel). During this step you will select the screening that you would like to attend.

STEP 3: COMPLETE THE HEALTH QUESTIONNAIRE.

Please allow approximately 10-20 minutes to complete. Each answer is saved. If you must exit before finishing, simply close out of the window. When you log back in you will be prompted to finish the questionnaire and click the FINISH button. All participants must complete the Health Questionnaire.

YOUR PERSONAL HEALTH REPORT

After you have completed your health questionnaire and attended your onsite health screening, you will be able to view your personal Health Report on your SimplyWell HomePage.

SimplyWell nurse coaches will also call you to invite you to participate in the free coaching services. Coaching is voluntary and you can opt out at any time. Please note that you will be called by a SimplyWell registered nurse for a consultation if you receive an abnormal/critical value resulting from the health screening.

