



Wellness Program Annual Requirements (July 1, 2022 – June 30, 2023)

1. Annual Primary Care/Wellness Visit*

- ✓ Height
- ✓ Weight
- ✓ Blood Pressure



2. Participate in City's Annual Blood Draw*

- ✓ A1C
- ✓ Glucose
- ✓ Cholesterol

3. Wellness Program Optional Items (Must participate in 2 optional activities per quarter)

- a. Annual Eye Exam*
- b. Dental Preventive Care Check-up*
- c. Annual Skin Cancer Check-up*
- d. Attend a "Health Eating" presentation
- e. Attend a Wyoming Retirement System session
- f. Be active 30 minutes per day, 3 days per week
- g. LEARNS on-line courses:



- Managing Stress in Uncertain Times (10 min)
- Practicing Hand Hygiene (15 min)
- Preventing Strains & Sprains (30 min)
- Stress Management at Work & Elsewhere (30 min)
- Whole Health: A Well-rounded Exercise Routine (6 min)
- Whole Health: Am I at Risk for Diabetes? (5 min)
- Whole Health: Am I Getting the Right Nutrition? (7 min)
- Whole Health: Brain Health (5 min)
- Whole Health: Dental Care (5 min)
- Men's/Women's Health Visit*
- Whole Health: Good Sleep Habits (6 min)
- Whole Health: Maintain a Strong & Healthy Back (6 min)
- Whole Health: Preventive Care (5 min)
- Whole Health: Self-Awareness About Drinking (5 min)
- Whole Health: Techniques to Manage Stress (5 min)
- Whole Health: The 3 Biggest Myths About Smoking (5 min)
- Workplace Ergonomics (30 min)

- i. Colonoscopy*
- j. Log Blood Pressure (for 30 days)
- k. Log sugar intake (for 30 days)
- l. Participate in a planned family wellness activity (i.e. family 5k)
- m. Botanic Gardens Fitness & Health Classes (classes TBA, but may include Yoga, Meditation, Garden Walks, etc.)
- n. Aquatics Center Fitness Class/Activity

Wellness Program Incentives (Annual)

City Insured Employees & Non-City Insured

1. Annual drawings (July 2023):

- a. 20 - \$500 prizes
- b. 20 - \$250 prizes
- c. 20 - \$100 prizes



The Wellness Plan will be for active City full-time employees.

**Validation forms available from Human Resources or on the S:Drive, Human Resources, Wellness. Your medical provider must sign & date to verify completion of medical visits. Other proof of completion for these 2 items may be accepted.*

All proof of completion forms for requirements need to be turned in to the City HR Office.
