



Wellness Program Annual Requirements (July 1, 2023 – June 30, 2024)

1. Annual Primary Care/Wellness Visit*

- ✓ Height
- ✓ Weight
- ✓ Blood Pressure



2. Annual Blood Draw* (City's annual blood draw or with a provider)

- ✓ A1C
- ✓ Glucose
- ✓ Cholesterol

3. Annual Dental or Eye Exam*

4. Wellness Program Optional Item Ideas (Must participate in 5 optional activities per year)

- a. Annual Skin Cancer Check-up
- b. Attend a "Healthy Eating" presentation.
- c. Attend a Wyoming Retirement System session.
- d. Be active 30 minutes per day, 3 days per week.
- e. 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)
 - 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)
- f. Men's/Women's Health Visit
 - g. Colonoscopy

- h. Log Blood Pressure (for 30 days)
- i. Log sugar intake (for 30 days)
- j. Participate in a planned family wellness activity (i.e., family 5k)
- k. Botanic Gardens Fitness & Health Classes (classes TBA, but may include Yoga, Meditation, Garden Walks, etc.)
- l. Aquatics Center Fitness Class/Activity
- m. Annual Flu Shot
- n. City oriented volunteer activities (i.e., planting trees with Rooted in Cheyenne)
- o. Other activities that promote overall wellness

Wellness Program Incentives (Annual)

City Insured Employees & Non-City Insured

1. Employees who complete items 1, 2, & 3 will receive \$150 at the end of the plan year.
2. Employees who complete 5 optional activities will receive an additional \$150.



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

**Validation documents can include the forms that are available on the S: Drive > Human Resources > Wellness or other proof of completion (i.e....an Explanation of Benefits (EOB)).*
