

Employee Wellness Program Perks

To help support your overall wellness, the City offers a health insurance premium discount of \$20 per pay period. That means if you meet all the Wellness Program requirements, you'll earn a discount of \$520 for the benefits year. **There are several other perks available to employees and eligible dependents, including:**

Wellable

Complete and Track Wellness Activities. Take the online health assessment and earn credit for wellness bucket (elective) activities.

Monthly Giveaway Drawings. Earn "Wellable Points" by completing bucket activities, physical activity (on-demand exercise videos or your preferred method), and/or meeting virtually with a Wellable health coach. There will be six employee winners monthly.

Access to Benefits and Wellness Resources. Relevant information is available on the Wellable website and easy-to-use app.

Employee Health & Wellness Clinic

Convenient Health Clinic Access. Regular full-time employees, retirees, and eligible dependents can use the clinic inside City Hall. Prices vary depending on your medical plan elections.

Nurse practitioners can diagnose and treat common illnesses such as allergies, ear infections, strep throat, and the flu. You can utilize the clinic as your primary healthcare provider to manage chronic conditions or receive annual preventative exams.



Catapult Biometric Screenings. Employees and spouses on a City medical plan can participate in City-sponsored Catapult biometric screening events. These screenings are a qualifying alternative to an annual wellness exam.

Well onTarget®

Health Tools and Resources. Digital Self-Management Programs, lessons, and challenges to help you reach your wellness goals.

Blue Points Program. Earn "Blue Points" by completing activities and reaching goals. Use these points to cash in on merchandise in the online catalog (smart watches, fitness equipment, kitchen tools, and more).

MDLIVE Virtual Visits by BCBS

Virtual Visits for Non-Urgent Medical Health Issues. Convenient alternative for treatment of more than 80 health conditions, including allergies, cold/flu, fever, nausea, headaches, and sinus infections.

Virtual Therapist Appointments. Get virtual care for anxiety, depression, stress management, and more.



Family Counseling
SERVICE

Employee Assistance Program (EAP). The EAP program, provided by Family Counseling Service, is available to employees, their spouses, and their dependent children. The City pays for up to three confidential counseling services per family per fiscal year for issues related to work, relationships, abuse, depression/anxiety, grief/loss, and alcohol/drug dependency.

Monthly Webinars. They provide webinars on a variety of relevant mental health and relationship topics.



Virtual Meetings with a Registered Dietitian. The first visit is provided to benefits-eligible employees at no cost, regardless of being on a City medical plan. Employees and eligible dependents on a City medical plan have access to six free sessions per benefits year.



Livongo for Diabetes and Hypertension. Programs are available at no cost to eligible employees and dependents on a City medical plan.* By joining one of the programs, you will get:

- **Personalized support and one-on-one coaching.**
- **Livongo for Diabetes.** Includes a blood glucose meter and unlimited test strips.
- **Livongo for High Blood Pressure.** Includes blood pressure monitor and an easy-to-use app and dashboard.

*Eligibility is dependent upon diagnosis by a medical professional.



Fertility Benefits. These are available to employees and spouses on a City medical plan. Benefits include personalized support, two smart cycles, and Progyny Rx integrated fertility medication coverage.



Financial Health Coaching. Unlimited access to financial health coaching sessions designed to help you reach your financial goals.

Educational Resources. Financial courses, webinars, workshops, and other online tools are available.



Digital Mental Health. Learn to Live programs are confidential and based on therapy techniques that help people feel better. Learn to Live is available at no cost to employees and dependents (ages 13 and older) on a City medical plan.

Employee Fitness Center & Discounted Gym Memberships

Employee Fitness Center. Conveniently located on the 6th floor of City Hall. Employees have free access after filling out a waiver.

Discounted Membership Rates. Employees are able to get discounted rates at the YMCA and Corpus Christi Athletic Club.

BCBS Fitness Program. This program offers flexible options to get in shape and stay active. Choose from a network of gyms offering tiered pricing that fits your budget and lifestyle.

If you have any questions, please contact Kathleen Flowers-Madriral, Wellness Coordinator, at (361) 826-3325 or Wellness@cctexas.com. As a reminder, the Wellness Incentive can benefit your overall health and help you earn a **\$520 health insurance premium discount** per benefits year!

WELLNESS PROGRAM PERKS

