

Earning your wellness incentive is as easy as:

1. Get an **annual wellness exam**
2. Take the **online Health assessment**
3. Complete **three wellness buckets\***

### Learn Hands-Only CPR

February is American Heart Month! Cardiac arrest can strike anytime, anywhere — at home, at work, or in our community. CPR can save lives! According to the American Heart Association (2026), CPR, especially if performed immediately, can double or triple a cardiac arrest victim’s chance of survival. Hands-Only CPR has two simple steps. Watch a short video to learn now!

### 2026 Walk Across Texas Program

Join a group of City employees for Walk Across Texas! This 8-week physical activity program uses a fun, team-based approach to motivate you to be more active. Teams can have up to eight members, and employees who complete at least 25 miles will earn physical health bucket credit. Your favorite physical activities can also be logged as miles walked and contribute towards your team’s mileage goal. You can create your own team or be assigned to one by the Wellness Coordinator. Visit [benefitscc.org/walk-across-texas](https://benefitscc.org/walk-across-texas) to learn more and register.

### Trust & Will—Discounted Estate Planning

Trust & Will is an easy-to-use platform that makes estate planning simple, affordable, and accessible. It provides a secure way to set up a plan online, using bank-level encryption that protects consumer data and meets industry-standard security requirements. City employees can receive a 20% discount on the estate plan of their choice (will or trust-based). Visit [trustandwill.com/finpath](https://trustandwill.com/finpath) and the discount will be automatically applied at checkout.

### Wellable January Gift Card Drawing Winners

#### \$50 Gift Card Winner

Hellen Solis—Finance Department

#### \$25 Gift Card Winners

Jeanette Claudio—Utilities Department

Stephanie Box —City Secretary’s Office

Yumi Ramos —Communications Department

Zandra Parkany —Parks & Recreation Department

Zeke Escamilla —Fire Department

**There is a new opportunity to win every month!** Take advantage of this perk and more on the Wellable platform.

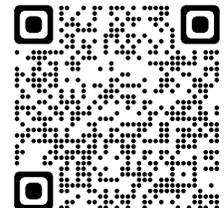
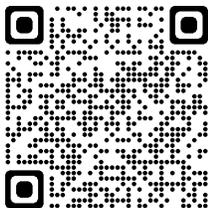
**Wellable**



Employee Wellness Platform

Hands-Only CPR Video

Upcoming Qualifying Activities



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

\*New employees hired mid-year have pro-rated bucket requirements.