

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***

2026 Wellable Updates

In 2026, expect to see Wellable platform updates! The monthly educational webinar will take place on the 1st Tuesday every month, providing earlier on-demand availability. There will also be weekly virtual workout classes and self-care sessions that support whole-body health, allowing you to earn additional Wellable points. This month, watch the Fitness Trends Unveiled webinar, and try out the restorative yoga and breathwork classes! There will also be new offerings like food demos and trivia events, coming soon!

Tackle Your Health Goals with HUSK Nutrition

Making a health-related New Year's resolution? Meet with a HUSK Registered Dietitian for support—at no cost! Personal coaching from a Registered Dietitian is proven to help you achieve results, including a healthier diet, more energy, better sleep, and less stress. Visit benefitscc.org/husk to access the registration link now. You can also join us for an informational webinar on January 22nd at 12:00 PM to learn more about this benefit.

Wellness Incentive Reminder

Stay on track to earn a health insurance discount for FY2027! Create and/or log into your Wellable account now to check your requirement completion progress. Wellable can also be used to complete your online health assessment and wellness bucket (elective) activities. As a reminder, to satisfy the wellness bucket requirement, you can pick three buckets of your choice. For more info about the wellness incentive, visit benefitscc.org/wellness.

Wellable December Gift Card Drawing Winners

\$50 Gift Card Winner

Sarah Brunkenhoefer—City Secretary's Office

\$25 Gift Card Winners

Adriana Mora—Finance Department

Amanda Jasso—Police Department

Edith Brown—Solid Waste Department

Mohammad Bazrkar—Utilities Department

Nataly Rodriguez—Public Health 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



HUSK

Informational Webinar



Upcoming Qualifying Activities



If you have any questions, please contact Kathleen Flowers-Madrigal, Wellness Coordinator, at (361) 826-3325 or 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.