

## June 2025 Wellness Program Newsletter

Earning your wellness incentive is as easy as:

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

### Wellable Summer Safety Activities

Longer and warmer days make the summer season a great opportunity to spend more time outdoors. The health benefits, like increased serotonin (happiness hormone), vitamin D, and physical activity, extend beyond the season. This month, learn about practical strategies that will help you stay protected. You can also earn physical health bucket credit and Wellable points by taking quizzes or attending the Summer Safety webinar.

### Wellness Program Deadline Reminder

The deadline to earn the wellness incentive is **June 30<sup>th</sup>**. Don't miss out on the health insurance discount! Use the following tips to complete any requirements that you may be missing:

- Register for Wellable to track requirement completion, take the online health assessment and complete bucket activities.
- Schedule a Catapult appointment! Register now at [www.timeconfirm.com/CCWellness](http://www.timeconfirm.com/CCWellness).

### Employee Health & Wellness Clinic

This clinic is conveniently located at City Hall and offers affordable, quality care to all employees, including those without City health insurance. Appointments are now available during lunch hours. Scan the clinic flyer QR code for information about clinic services and staff, as well as testimonials from your fellow employees.

### Wellable May Gift Card Drawing Winners

#### \$50 Gift Card Winner

Ziba Abbasian – IT Department

#### \$25 Gift Card Winners

Dustie Ortiz – Finance Department

Edward Rossette – Utilities Department

Eric Tello – Fire Department

Matthew Lopez – General Services Department

Shelly Daly – Public Works Department

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

# Wellable

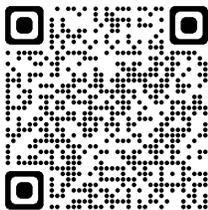
# Concentra



Employee Wellness Platform

Health & Wellness Clinic Flyer

Upcoming Qualifying Activities



If you have any questions, please contact Kathleen Flowers-Madriral, Wellness Coordinator, at (361) 826-3325 or [Wellness@cctexas.com](mailto: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!

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