

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***

Invest in your Mental Health

May is Mental Health Awareness Month! Use this as an opportunity to invest in your mental health by practicing the meditation exercises featured on Wellable. These activities can help reduce stress and strengthen your emotional resilience. Each exercise is worth 500 points towards the gift card drawing and qualifies for emotional health bucket credit.

Appointment No-Show Fee

Effective June 1st, there will be a \$25 no-show fee for missed appointments at the Employee Health and Wellness Clinic. This applies to any employee or dependent who does not cancel or reschedule their appointment before their scheduled time. The fee will be payroll deducted from the associated employee’s paycheck on the following pay period. If you have any questions, contact (361) 826-3300 option 2 or EmployeeBenefits@cctexas.com.

Employee Wellness Program Survey

Help us improve our Wellness Program! All feedback is appreciated. Employees who complete the survey will receive credit for one “free” wellness bucket.** Take the survey now using the QR code:



Wellable April Gift Card Drawing Winners

\$50 Gift Card Winner

Ziba Abbasian – IT Department

\$25 Gift Card Winners

Adriana Mora – Finance Department

Curtis Weiss – Engineering Department

Jaclyn Blohm – Communications Department

Kevin Gaffron – Solid Waste Department

Michael Pena – Gas Department

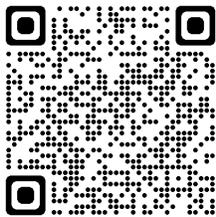
There is a new opportunity to win every month! Take advantage of this perk and more on the Wellable platform.



Employee Wellness Platform

Schedule Appointment

Upcoming Qualifying Activities



If you have any questions, please contact Kathleen Flowers-Madrigal, 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!

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

**To receive wellness bucket credit, enter your employee ID number when completing the survey (required for tracking purposes). If preferred, you’re welcome to submit your feedback anonymously.