

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***

No Cost Seasonal Flu Vaccines

Protect yourself against the flu by getting an annual seasonal vaccine! According to the Centers for Disease Control and Prevention (2024), this is the best way to help reduce your risk of flu and any potentially serious complications, such as bacterial pneumonia or sinus infections. Flu vaccines are available at no cost for those enrolled in a City medical plan. If you would like to schedule an appointment at CVS, visit cvs.com/immunizations.

Wellable Healthy Holiday Guide Webinar

Most holiday celebrations involve a lot of food and some extra stress. From family gatherings and office parties to shopping and traveling, many people end up consuming more food and being more stressed than during the rest of the year, which can lead to poor health. In this presentation, learn how to enjoy the holiday season while maintaining your well-being. Watch it on Wellable, November 7th at 12:00 PM, or on-demand later this month. It qualifies for emotional health bucket credit and 500 Wellable points.

HUSK Nutrition & Root Veggie Storage Tips

Packed with fiber, vitamins, and antioxidants, root veggies support immunity, digestion, and stable energy— ideal for the colder months. Are food items like carrots and sweet potatoes incorporated into any of your favorite fall recipes or holiday meals? Use HUSK's [Root Veggie Cheat Sheet](#) to learn how to store each root veggie, prep it with ease, and make the most of its shelf life so nothing goes to waste. You can also visit benefitscc.org/husk for information about meeting virtually with a Registered Dietitian for personalized tips, healthy recipes, and nutritional support.

Wellable October Gift Card Drawing Winners

\$50 Gift Card Winner

Ziba Abbasian—IT Department

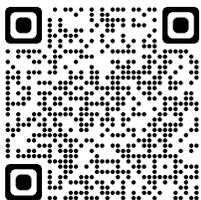
\$25 Gift Card Winners

Adan Garza— Corpus Christi International Airport
Grace Santana —Development Services Department
Jason Brasier —Utilities Department
Nicholas Pacheco —Fire Department
Patricia Gallegos —Finance Department

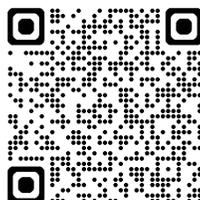
There is a new opportunity to win every month! Take advantage of this perk and more on the Wellable platform.

Wellable

Employee Wellness Platform



Registration Instructions



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.