

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***

Wellable Beating Burnout Webinar

Burnout, a syndrome caused by excessive and prolonged stress, affects about two-thirds of all full-time workers. With work-related stress on the rise, this presentation discusses how this newly recognized medical condition is impacting employee health and provides tools and management skills to combat burnout in the workplace. This webinar will take place on October 17th at 12:00 PM. It qualifies for emotional health bucket credit and 300 points towards the monthly gift card drawing!

Discounted Gym Membership Opportunities

Interested in a new gym membership? Employees get discounted rates at the Corpus Christi Athletic Club, YMCA, and Transform Training. Perks vary based on partnership, but may include a waived enrollment fee, the first month free, no-contract memberships, access to group classes and other amenities, and discounted personal training packages. The BCBS Fitness Program is also an option for employees enrolled in a City health plan. Through this program, you can get access to other local gyms such as Crunch, Freedom Fitness, and Planet Fitness. Visit benefitscc.org/gym-discounts for more details.

Wellable Ergonomics Activities

Ergonomic practices support physical wellness, improve focus and comfort, and create a more productive daily flow. Whether on your feet, behind the wheel, or at a desk, every person and profession can benefit from a more ergonomically sound setup. This month, try out four exercises to help reduce strain, improve posture, and boost energy. Each exercise is worth 600 Wellable points. You can also engage in Everyday Ergonomics activities to earn an extra 20 points per day!

Wellable September Gift Card Drawing Winners

\$50 Gift Card Winner

Arnold Atkinson – Fire Department

\$25 Gift Card Winners

- Arthur Dunphy – Utilities Department
- Daniella Machado – Police Department
- Elizabeth Cervantez – Parks & Recreation Department
- Linh Carter – City Manager’s Office
- Serenity Wood – Public Health Department

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



Employee Wellness Platform



Breast Cancer Walk



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.