

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\***

**American Cancer Society Webinar**

Join us for a webinar about breast cancer, screenings, and guidelines presented by the American Cancer Society! They will also discuss the upcoming 2025 Making Strides of Corpus Christi breast cancer walk and how you can register for the City of Corpus Christi - Wellness team. This webinar will take place on September 12th at 12:00 PM. It qualifies for physical health bucket credit and 300 points towards the monthly gift card drawing! Register at [benefitscc.org/upcoming-events](https://benefitscc.org/upcoming-events).

**Expanded Health & Wellness Clinic Hours**

Effective August 25th, the clinic hours of operation are 7:00 AM to 5:00 PM. This gives employees the flexibility to schedule appointments before work or during their lunch break as needed. The clinic is a resource for all employees, regardless of whether they are on the City medical plan. To schedule an appointment, call (361) 826-3333. For information about services, fees (if applicable), and vouchers, visit [benefitscc.org/clinic](https://benefitscc.org/clinic).

**2025 Coastal Bend Heart Walk**

Participate in the annual Coastal Bend Heart Walk with your coworkers! Designed to promote physical activity and heart -healthy living, the Heart Walk creates an environment that is both fun and rewarding. All participants will receive credit for the physical health bucket and 300 points towards the monthly gift card drawing! Scan the QR code below to access registration instructions.

**Wellable August Gift Card Drawing Winners**

**\$50 Gift Card Winner**

Arnold Atkinson – Fire Department

**\$25 Gift Card Winners**

Amber Perea – Public Health Department

Antonio Lopez – Public Works Department

Gina Pesina – Municipal Court Department

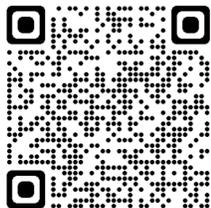
Kyle Luce – Utilities Department

Patricia Lopez Garcia – Development Services Department

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

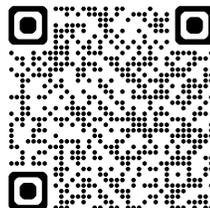


**Employee Wellness Platform**



American Heart Association  
**Heart Walk**

**Coastal Bend Heart Walk**



**Upcoming Qualifying Activities**



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