

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\***

**National Nutrition Month**

March is National Nutrition Month! This month, take the opportunity to try out some new healthy recipes from Wellable (available in the on-demand nutrition tab). Use the March meal plan suggestions or filter by diet type and cuisine to find recipes that interest you! You can also meet virtually with a Registered Dietitian from HUSK for nutrition-related support, guidance, and personalized advice — at no cost. To access the registration link, visit [benefitscc.org/husk](https://benefitscc.org/husk).

**Wellness Incentive Reminder**

Don't miss out on the wellness incentive! Employees enrolled in a City medical plan can earn a \$520 health insurance premium discount if they meet Wellness Program requirements by June 30<sup>th</sup>. Your spouse is also eligible for the discount if they complete a wellness exam. Take advantage of the upcoming Catapult biometric screening events to complete your wellness exam in a time-effective way (the onsite process only takes 10-15 minutes). Visit [benefitscc.org/wellness-incentive](https://benefitscc.org/wellness-incentive) for additional guidance and helpful tips.

**New Local Gym Partnerships**

The City recently partnered with HOTWORX, a 24/7 infrared fitness studio. Employees have a \$1 enrollment fee and receive their 1<sup>st</sup> month and every 6<sup>th</sup> month free. We also updated our partnership with the Corpus Christi Community Center (formerly YMCA of the Coastal Bend) - employees have the same great perks (24-hr workout room, access to group classes, pool, dry and wet saunas, and more) at a reduced monthly rate. For more information about these and other gym membership discount opportunities, visit [benefitscc.org/gym-discounts](https://benefitscc.org/gym-discounts).

**Wellable February Gift Card Drawing Winners**

**\$50 Gift Card Winner**

Valerie De Los Santos—Engineering Department

**\$25 Gift Card Winners**

- Amanda Garcia—Finance Department
- Beth Rodriguez —Utilities Department
- Debra Barraza —Municipal Court Department
- Jenene Kelley —Public Health Department
- Maria 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



Schedule Appointment



Upcoming Qualifying Activities



If you have any questions, please contact Kathleen Flowers-Madrigal, Wellness Coordinator, at (361) 826-3325 or [Wellness@corpuschristitx.gov](mailto: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.