

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\***

**Mental Health Awareness Month**

May is Mental Health Awareness Month! This month, take the opportunity to learn about mental health on Wellable, including the warning signs of mental health challenges, suicide prevention, and resources for support. You can also complete the Wellable Realizing Resilience Webinar for emotional health bucket credit and 500 points towards the monthly gift card drawing.

**FinPath Build & Grow Financial Wellness Event**

FinPath is hosting financial growth workshops onsite from May 27<sup>th</sup> to May 29<sup>th</sup>. Participants will leave having reviewed their TMRS projection, a clear 457(b) or IRA contribution decision, and their top three financial goals assigned to a savings plan. Date/time varies based on location. You can also schedule a financial coaching session to discuss money tips and tricks, paying down debt, retirement readiness, and creating a spending plan. Register now at [finp.li/ccmay](http://finp.li/ccmay).

**Wellness Incentive Reminder**

The deadline to earn the wellness incentive is June 30<sup>th</sup>. Don't miss out on a \$520 health insurance discount! If you haven't already satisfied the annual wellness exam requirement, consider completing a Catapult biometric screening instead. The onsite process takes 10-15 minutes! Scan the QR code below to schedule an appointment. For additional guidance and helpful tips, visit [benefitscc.org/wellness-incentive](http://benefitscc.org/wellness-incentive).

**Wellable April Gift Card Drawing Winners**

**\$50 Gift Card Winner**

Irma Torres—Finance Department

**\$25 Gift Card Winners**

Christopher Wright—IT Department

Jason Martinez —Utilities Department

Laura Quinones —Parks & Recreation Department

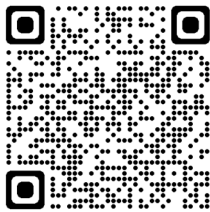
Maria Dalrymple —Police Department

ReVae Crenshaw —Communications Department

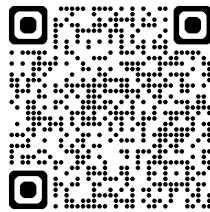
**There is a new opportunity to win every month!** Take advantage of this perk and more on the Wellable platform.



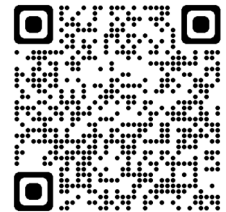
**Employee Wellness Platform**



**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.