

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\***

### Fitness Center Improvement Survey

The fitness center at City Hall is a free resource for all employees! If you currently use the fitness center or are interested in doing so in the future, please complete our survey by July 10<sup>th</sup>! Your feedback will help us make any necessary improvements, so it better meets employee needs.

### Updates to Wellable Point System

Based on employee feedback, updates were made to make the \$50 gift card drawing more inclusive. Effective July 1<sup>st</sup>, the eligibility criteria for each drawing are below:

- \$50 gift card drawing: One winner with at least 15,000 Wellable points
- \$25 gift card drawing: Five winners with between 1,000 and 14,999 Wellable points

In addition to these updates, employees now have the opportunity to earn points for logging nutrition and participating in daily Bright Breaks, designed to help prevent burnout and boost productivity.

### Movement Matters Webinar

Join us for Movement Matters on July 17<sup>th</sup>! This webinar will discuss the latest research on the many benefits of exercise, from treating anxiety and depression to improving brain function. It also explains the amount of physical activity necessary to achieve these benefits and offers tips for incorporating that activity into a busy lifestyle. The webinar qualifies for physical health bucket credit and 500 points towards the monthly gift card drawing. Register now on the Wellable platform!

### Wellable June Gift Card Drawing Winners

#### \$50 Gift Card Winner

Ezra Soto — Utilities Department

#### \$25 Gift Card Winners

Amber Wood — Finance Department

Anthony Sheldon — Facility Maintenance Department

Blandina Costley — Public Health Department

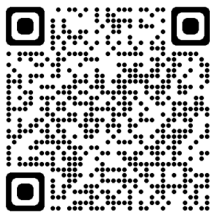
Irene Segovia — Airport Department

Mariah Resendez — City Secretary's Office

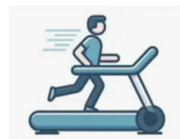
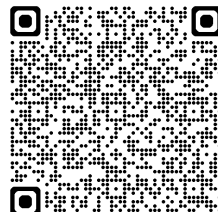
**There is a new opportunity to win every month!** Take advantage of this perk and more on the Wellable platform.

# Wellable

Employee Wellness Platform



Fitness Center Survey



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.