



# 2020 Wellness Incentive Checklist

All active, benefit-eligible City of Topeka employees can participate in this voluntary wellness incentive.

**Save money on your health & dental premiums, and improve your wellness!**

**Earn 18 Points total by completing all three steps below:**

## 1 8 Points - Start earning your additional points NOW

Check here when you have completed **8 items** in Section 1

### Biometric Points or Reasonable Alternative (5 Points Possible)

- BMI < 30 OR Reasonable Alternative
- Blood Pressure < 140/90 OR Reasonable Alternative
- HDL – Men  $\geq$  40 Women  $\geq$  50 OR Reasonable Alternative
- Triglycerides < 200 OR Reasonable Alternative
- Fasting Glucose < 100 OR Reasonable Alternative

➤ **Review your Fall 2018 biometric results.** If you did not earn all 5 biometric points, contact the Health & Wellness Clinic for a Reasonable Alternative appointment. 1-866-959-9355.  
 ➔ Deadline to call to make a Reasonable Alternative Appointment is May 31, 2019.

### Attend City Offered Events – See back for list of events

- City of Topeka Challenge or Run/Walk Event (Max 2)
- City of Topeka offered Presentation (Max 1)
- City of Topeka Health Fair (Max 1)

➤ These points will be **AUTOMATICALLY** added to your account when you sign in at the event. *The City will offer enough events throughout the year that you can earn all of your points without needing to log into the portal!*

### Log Outside Events in the My HS Portal: <https://myhs.yourhealthstat.com>

- Dental Exam (Max 1)
- Vision Exam (Max 1)
- Cancer Screening (Max 2)
- Exercise (Max 1)
- Online Wellness Workshop (Max 1)

➤ You can log activities achieved November 1, 2018 through October 31, 2019. Oct. 31, 2019 is the deadline to submit events in the portal. For more details or help logging in, see the My HS Portal User Guide.

## 2 5 Points – 2019 HRA – Watch for the onsite HRA schedule to begin in July

Check here after you have completed your 2019 HRA

➤ The HRA is **REQUIRED** to be eligible for the Wellness incentive.

## 3 5 Points – 2019 HRA Follow-up – Follow-up appointment will be scheduled at HRA event

Check here after you have completed your 2019 HRA Follow-Up

➤ The HRA Follow-up is **REQUIRED** to be eligible for the Wellness incentive.



### Find additional information and FAQ's Contact:

#### on the City Intranet:

secure.topeka.org >HR >Benefits >Wellness Incentive

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### Spouses (No discount for 2020. The 2019 HRA & Follow up will count toward 2021 discount.)

SPOUSES can participate in the Voluntary Wellness Incentive beginning with the 2019 HRA. Watch for details.

### 2020 Tobacco Surcharge – Employees AND Spouses

In addition to the 2020 Wellness Incentive, EMPLOYEES AND SPOUSES on the health or dental plan need to take the following steps to avoid the Tobacco Surcharge: ❖ Take the nicotine test ❖ If self declared, test is refused, or positive – Sign up for the Tobacco Cessation Program  
 Employees will take the test during the HRA or Follow-up appointment. Spouses will need to make an appointment to visit the clinic 8/1/19-10/31/19.



# Wellness Incentive Events - Opportunities sponsored by City of Topeka

Sign in when you attend these events to have your points logged automatically

\*These are tentative/general dates. Specific times will be posted once closer to event. Check back often. New events are added frequently.\*

Points	Date	Time	ALL COT or Limited Audience	Location	Event Name	How to Enroll	More Information	Type of Event
1	October 3rd	9:00am-2:00pm	ALL COT	Big Gage Shelter House	City of Topeka Employees Benefit Fair		Join us for our annual Benefit/Health Fair!	<b>Health Fair</b> Max of 1 per year.
1	October	To Be Determined	All COT	Holiday	Pain in the Neck-Rebound	<b>Sign up on Lawson Training.</b>	Understand some basic anatomy and common causes of neck pain. Learn simple ways you can manage and prevent neck pain.	<b>Presentation</b> Max of 1 per year.
1	November	To Be Determined	All COT	Holiday	Power of Fiber-Blue Cross Blue Shield KS	<b>Sign up on Lawson Training.</b>	This session will provide suggestions on how to add fiber to your diet and explore the influence of dietary fiber on digestion!	<b>Presentation</b> Max of 1 per year.
1	December 12th	12:00-12:30pm	All COT	Holiday	Put the Old Year Behind You and Start the New Year Fresh--EAP Presentation	<b>Sign up on Lawson Training.</b>	Learn about how to put old habits behind you and start the New Year!	<b>Presentation</b> Max of 1 per year.
1	October 18 <sup>th</sup>	To Be Determined	All COT+ Friends/Family	Lake Shawnee	Family Fun Run	<b>Register on Survey Monkey Link that will be sent out.</b>	This event is come and go. Bring your family, friends, or pets!	<b>COT Challenge or Run/Walk Event</b> Max of 2 per year.
1	Varies	To Be Determined	All COT - Departmental requested only		Stretch Program	<b>Contact Emily Pham to sign up your department (epham@topeka.org) Daily team stretch breaks tailored to your team's needs.</b>		<b>COT Challenge</b> Max of 2 per year.
1	September 2 <sup>nd</sup> – September 30 <sup>th</sup>		All COT		Early30	<b>Sign up with survey monkey link on intranet</b>	Wake up 30 minutes earlier and do something productive with your time.	<b>COT Challenge</b> Max of 2 per year.
1	October	To Be Determined	All COT		1000Strong	<b>Sign up with survey monkey link on intranet</b>	Pick a single exercise or activity to complete either 1000 minutes or repetitions of.	<b>COT Challenge</b> Max of 2 per year.
1	November	To Be Determined	All COT		Flextime100	<b>Sign up with survey monkey link on intranet</b>	Stretch 100 minutes total for the month.	<b>COT Challenge</b> Max of 2 per year.
1	December	To Be Determined	All COT		SleepTrack	<b>Sign up with survey monkey link on intranet</b>	Track your sleep. Get at least 7 hours of sleep.	<b>COT Challenge</b> Max of 2 per year.