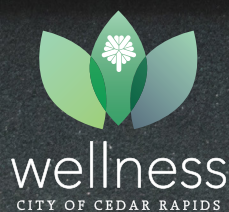


# Wellness Program

December 1 - November 30

Administered by







# Welcome to your wellness program!

When your whole health is addressed, you have more capacity to lead a fulfilling life, pursue your passions, and contribute meaningfully at home, at work, and in the broader community around you. This year’s wellness program, administered by Wellmark® Blue Cross® and Blue Shield®, provides you with the tools you need to help improve your physical and mental health — and rewards to motivate you along the way.

## WHO IS ELIGIBLE?

All regular full-time and part-time benefits-eligible City of Cedar Rapids’ employees can participate and earn cash rewards by engaging in this year’s wellness program — **even if you previously opted out of our health insurance benefits**. Spouses of employees enrolled in the health plan are also encouraged to participate.

**CONFIDENTIALITY NOTICE:** Wellmark Blue Cross and Blue Shield understands the importance of safeguarding your **privacy**, especially when it comes to personal health information. Any health-related data collected through this program will never be shared with your City of Cedar Rapids employer or any other third party.

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## Earn rewards

Making healthy choices feels great, but earning rewards while you do it feels even better. Complete activities at your own pace throughout the year, **before November 30**. Plus, earn cash incentives as you go, instead of one lump sum at the end!

ALL REGULAR FULL-TIME AND PART-TIME BENEFITS-ELIGIBLE EMPLOYEES		SPOUSES
Enrolled in health plan	Not enrolled in health plan	Enrolled in health plan
1,500-point max	1,500-point max	750-point max
Earn \$50 for every 500 points (up to \$150). Premium reduction earned at 1,500 points.	Cash rewards only. Earn \$50 for every 500 points (up to \$150).	One-time \$75 gift card, once the participant reaches 750 points.

Your rewardable activities menu can be found on the [Wellmark Connect Rewards page](#).

## Wellness favorites

Beyond the simplified rewards, this wellness program has something for everyone — it's streamlined, flexible, and personalized. Here are a few features you can expect to see along the way:

### Wellmark Connect powered by WebMD®

An all-in-one wellness hub to complete program activities is easily accessible with your [myWellmark®](#) login.

### Wellness Assessment

Learn exactly where your health stands. Answer a quick 10-to-15-minute questionnaire to get a personalized health report with recommendations.

### Engaging challenges

Work toward your goals one day at a time. These mobile-first experiences make it simple to map a plan and track your progress.

### Extensive media library

Watch easy-to-follow exercise videos, listen to engaging mental health podcasts, and more.

### Device and app connection center

Automatically track and upload your activity with a fitness device or app.

### Comprehensive health history

View all your health information in one place and see how you have progressed over time.

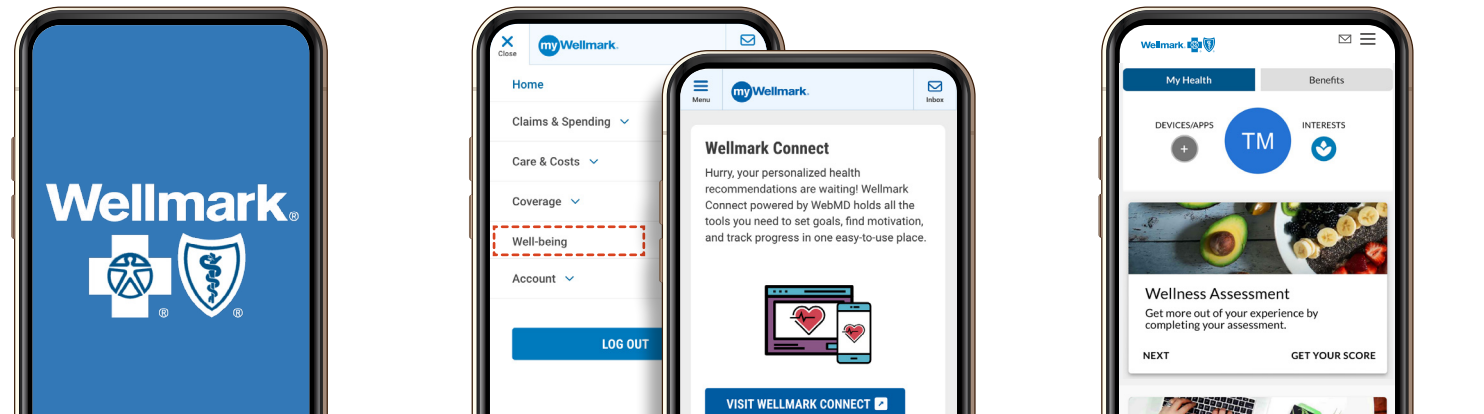
## Getting started

Motivation takes many forms and for that reason, you will have access to a variety of tools within Wellmark Connect. Wellmark Connect is seamlessly integrated within myWellmark, your Wellmark insurance member portal. This will be your go-to hub to complete your wellness activities and earn rewards.

### WELLMARK CONNECT powered by WebMD

The WebMD platform boasts 67 million active users working to establish healthier habits one small step at a time.

## Registration and log in



### Earn points:

Complete your Wellness Assessment upon registration.

Open the Wellmark app (or login to [myWellmark.com](https://myWellmark.com)), then select **Well-being** from the menu bar.

If you do not have an account you will need to register using your Wellmark insurance card. Spouses will need to register for their own myWellmark account.

If you are not on the City's health plan you will receive mailed instructions with a special code.

Select the **Visit Wellmark Connect** button and a new window will pop up. Select **Continue**.

Wellmark Connect provides custom content and activity suggestions based on your preferences, health risks, and any activities you complete along the way.

With your first login, you will be asked to complete a few questions, then you will be directed to the Wellmark Connect dashboard.

Once you're logged in, you will find the Wellness Assessment within the main dashboard. Completing the assessment will generate a custom Wellness Score and an analysis of your current health.

## Preventive health

You can earn points for completing your annual physical, a biometric screening, or other age-appropriate preventive screenings. These tests help to identify commonly treatable health risks and chronic conditions (such as high blood pressure, cholesterol, or prediabetes). Early detection can treat issues before they develop into chronic conditions.

Additional qualifying preventive screenings include:

- Colonoscopy
- Dental exam\*
- Vision exam
- Mammogram
- Gynecological exam
- Dermatology exam\*

### No-cost preventive care vs. out-of-pocket costs

Annual physicals are 100% covered when performed by an in-network PCP. If your PCP discovers something irregular during your exam, additional testing may be recommended. If those tests aren't included on the Wellmark Blue Cross and Blue Shield covered preventive services list, a member cost share may apply. For a complete list of no-cost preventive health services, visit: [Wellmark.com/ACApreventive](https://www.wellmark.com/ACApreventive).

### Schedule an appointment today!

Try Wellmark's "[Find a provider](#)" tool to search in-network PCPs near you. Or, ask friends and family for referrals and read reviews from previous patients online.

\*Not covered by the Affordable Care Act (ACA). Out-of-pocket costs may occur.



### EARNING CREDIT FOR YOUR EXAMS

Credit for your annual physical, or other preventive screenings, will be reflected after your claim is paid. If you are not enrolled in the City's health plan, please report the date of your exam to earn your points. Credit for a biometric screening can be received in one of three ways:

**1. Attend an onsite biometric screening event.**

Watch for more details to come. The process will be easy, and test results will be submitted for you.

**2. Schedule a biometric screening at select Hy-Vee® stores.**

Make an appointment with Hy-Vee through Wellmark Connect. Test results will be submitted for you.

**3. Request a biometric screening at your annual wellness exam.**

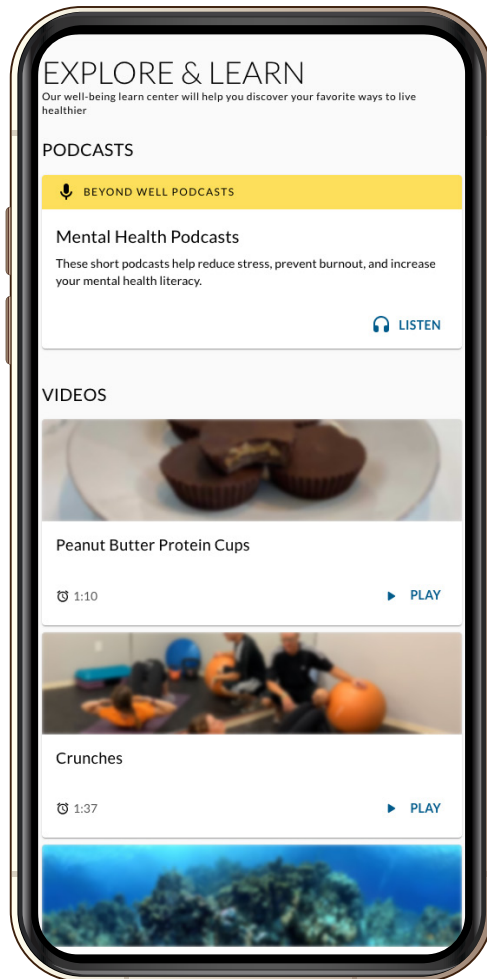
After making an appointment with your PCP and completing your tests, you will need to submit your completed [Physician Form](#) in Wellmark Connect.

**PLEASE NOTE: Your personal health information will not be shared with or reviewed by program administrators.**



## Explore & Learn

Education is empowering and it can help you make smarter decisions for your life. Each of these activities are available within the **Explore & Learn** section of the Wellmark Connect dashboard.



### CoachingU Webinars

After completing registration, you'll receive free access to WebMD's quarterly CoachingU Webinars. In this on-demand series, medical experts provide guidance for trending topics in health and wellness.



### Financial Resiliency education module

If a financial emergency hits, will you know what to do? In this course, you'll learn about financial resiliency and steps you can take now to avoid financial disaster.

### Beyond Well podcasts

Beyond Well is a podcast series focusing on widely shared emotional experiences, including the common challenges we face with depression, anxiety, and balancing daily stressors.

### Health content

Learn more about the health topics of your choice by viewing articles, watching videos, listening to podcasts and more.

# Take Action

The following activities offer motivational to-do tasks and challenges to help you achieve personal health goals. Each of these activities are available within the **Take Action** section of the Wellmark Connect dashboard.

## Daily Habits plans

Choose from several Daily Habits plans to help promote positive change within your lifestyle through more mindful goals and daily actions.

## Health Coaching

Ready to make a change? A personal health coach can help you better yourself. Answer a few questions within Wellmark Connect to qualify for one of our three programs.

### Lifestyle coaching

Create goals to harness your full potential through the support and guidance of a lifestyle coach.

### Positively Me

Live your healthiest life with this personalized weight management program.

### Quit (tobacco cessation)

Quit for good with this evidence-based 12-week program.

## Well-being Challenges

Try one (or several) of the Well-being Challenges throughout the year to build healthier habits and focus on your whole health.

## Side Quests

What's your "why"? Through individual Side Quests you'll work to find your motivation to make meaningful, long-term health changes. This activity collection converts big-picture health goals into smaller, achievable steps.

## Wellbeats® Wellness

Enjoy **free, on-demand access** to 1,200+ expert-led classes. This video library offers something for all ages, levels, abilities and interests — including fitness, nutrition, mindfulness and more.

## Trackable activities

Want credit for the healthy things you do every day? You've got it! Try one of our trackable activities to get credit where credit is due.

### Mindfulness minutes

Take time for yourself. Earn points by tracking your mindfulness minutes at least 21 times during the course of the program.

### Exercise minutes

Sync your wearable device to easily track your exercise minutes.

### Steps tracking

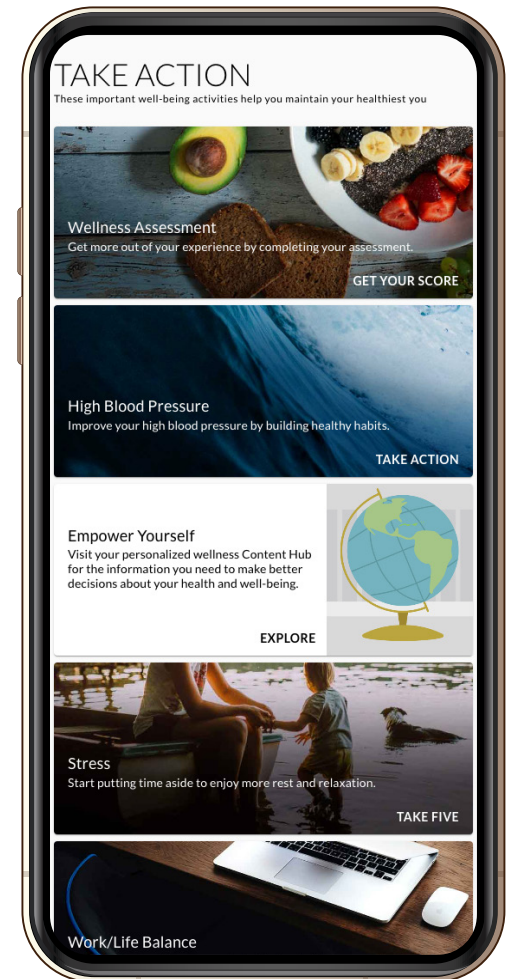
Sync your wearable device to track your steps every day and earn credit.

### Stress tracker

Monitor your daily stress levels and gain better understanding of your personal stress cycles.

### Mood tracker

Monitor your mood level from day to day to better recognize mood patterns.





## Build Connections

Supportive relationships can help you better cope with hard times, stress, anxiety, and depression — and boost your overall wellness and physical health. There are several ways you can earn credit towards wellness program incentives by being social and connecting with others.

### Volunteer

The spirit of volunteerism and helping others can be felt throughout the City of Cedar Rapids community. Volunteer and receive credit for every two hours of community service logged within Wellmark Connect.

### Attend City-sponsored events

Throughout the year, the City will host various lunch-and-learn (or breakfast) events to bring people together for learning opportunities. Feel free to take part and earn credit for attending.

### Join the conversation

Connect with your City team members digitally! You can receive credit for contributing to conversations happening within the Wellmark Connect Community message boards. Select **Community** within the Wellmark Connect menu, complete the steps to set up your profile, then join a group to make your first comment.



## Resources

### myWellmark support

Need help with registration or logging in to [myWellmark](#)?

Call: 800-407-0267

Mon-Fri, 7 a.m.–5:30 p.m., CST

### Wellmark Connect support

Have a question about Wellmark Connect? Contact us via the Wellmark Connect portal or [submit a request](#).

Call: 877-252-8412

Mon-Fri, 7:30 a.m.–7 p.m., CST

### Wellmark Customer Service

Have a question about your insurance benefits?

Call: 800-381-0214

Mon-Fri, 7:30 a.m.–5 p.m. CST

Email: [customerservice@wellmark.com](mailto:customerservice@wellmark.com)

### City of Cedar Rapids Human Resources (HR)

Need assistance from HR?

Call: 319-286-5000

Email: [HR@cedar-rapids.org](mailto:HR@cedar-rapids.org)



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