



# Employee Wellness Program

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**PRESENTED BY HR HEALTH BENEFITS DIVISION – WELLNESS TEAM**

# WIN FOR LIFE

## Employee Wellness Program Overview 2022-2023



**Employees  
and  
Covered  
Spouses**



Presented by HR Health Benefits Division – Wellness Team

Visit: [HoustonWellnessConnection.org](https://HoustonWellnessConnection.org)

Contact: (832)393-6000

Email: [wconnection@houstontx.gov](mailto:wconnection@houstontx.gov)

# THE GOAL...



Earn rewards, such as **medical premium rate discounts and Healthy Awards funds**, for completing the Wellness Program.

Encourage employees in finding and maintaining healthy lifestyles through our **resources, classes, tools, and support.**

# Wellness Program Overview

## Step 1: Annual Physical

February 1, 2022 – January 31, 2023 (40% completion)

## Step 2: Online Health Assessment

May 1, 2022 – March 10, 2023 (40% completion)

*(80% completion for employee – 160% completion for employee and spouse)*

- Medical Premium Rate Discount
  - \$600 for Employees
  - \$300 for Spouses
  - \$900 for Employee and Spouse

## ★ Bonus Round: Wellness Engagement Options

*(20% employee completion – 40% employee and spouse completion)*

- Support, tools and guidance to navigate a healthy lifestyle
- Healthy Awards Funds
  - \$65.00 for Employees
  - \$32.50 for Spouses
  - \$97.50 for Employee and Spouse
- \$50 Gift Card for Health Coaching (Option B)



# Does the Win for Life Wellness Program apply to me?



*Exemptions – Automatically Earn Medical Rate Discount and program rewards*

- Employees and Covered Spouses with medical insurance benefits beginning effective on or after **Sept. 1, 2022**
- Dependent children
- Pregnant women, Employees out on Military Leave or Injured While on Duty, or Employees out on FMLA or Worker's Comp (for a minimum of 2 months during the program year)

- ✓ Annual Physical
- ✓ Online Health Assessment

= Earn Wellness Discount



Medical Plan Biweekly Rates						
Tier	Consumer-Driven Health Plan (CDHP)		Limited Network Plan		Open Access Plan	
	Before Wellness Discount	After Wellness Discount	Before Wellness Discount	After Wellness Discount	Before Wellness Discount	After Wellness Discount
Employee Only	\$51.01	\$26.01	\$37.50	\$12.50	\$95.10	\$70.10
Employee + Children	\$103.10	\$78.10	\$142.63	\$117.63	\$235.26	\$210.26
Employee + Spouse*	\$181.58	\$144.08**	\$234.30	\$196.80**	\$357.82	\$320.32**
Employee + Family*	\$233.36	\$196.16**	\$312.73	\$275.23**	\$497.99	\$460.49**

\* Includes a \$37.50 spousal surcharge.

\*\* After Wellness Discount based upon employee AND covered spouse completing the wellness program.

# Step 1: Annual Physical

February 1, 2022 – January 31, 2023 (40% completion)



## Obtain your biometric numbers **from your Annual Physical**

Height, Weight, Blood Pressure, Total and HDL Cholesterol, Waist Circumference

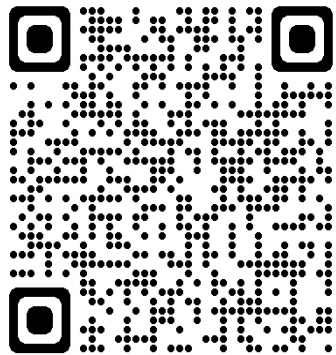
	Blood Pressure	Blood Glucose	Cholesterol
Breaking Down Biometrics	Systolic/top = force of blood pumped out Diastolic/bottom = force when the heart is at rest	AKA blood sugar. Energy from carbs to fuel everyday activities. Indicator of diabetes or prediabetes.	Waxy substance used to build healthy cells but excess fatty deposits in the arteries reduces blood flow.
Normal Ranges	Less than 120/80 mmHg	Less than 100 mg/dl for Fasting Plasma Glucose (FPG)	Total Cholesterol - <200 ❌ LDL <100 ✅ HDL 40-59+ Triglycerides < 150



**Clogged Artery**



# Don't Delay, Schedule Your Annual Physical TODAY!



Scan to schedule with  
Kelsey-Seybold

Kelsey-Seybold – Scan QR code or call 713-442-0000

Limited Village Family Practice Group or Renaissance  
- contact provider directly for scheduling

Call Cigna to select or change providers - 800-997-1406





# WELLNESS PROGRAM OVERVIEW

## Step 2: Online Health Assessment

May 1, 2022 – March 10, 2023 (40% completion)



Complete the online Health Assessment accurately and honestly

- **Confidential** – group averages, not individual data
- Highlights areas for the Wellness Team to **provide resources**
- Shows the **health status** of our population
- Used to **justify the health needs** of our community
- Use your **biometric measurements** from your Annual Physical

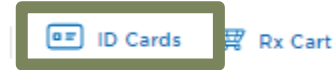


Medical Premium  
Discount achieved after  
Step 1 & Step 2!

Complete the Online Health Assessment on **MyCigna.com** or download the **FREE MyCigna app**

*\*Spouses complete the Online Health Assessment on their own MyCigna.com account*

Can't remember password? Call Cigna at 800-853-2713



Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions Wellness

# MyCigna.com – Home Screen

## Medical Coverage Status

Medical | Dental

In-Network Deductible Remaining

**\$1,750<sup>00</sup>**

### You pay the deductible

When you visit a provider, you pay costs for covered services until the deductible is met. Eligible in-network preventive care is covered 100% by your plan.

[View coverage details](#)

## Spending Accounts

Health Reimbursement Account (HRA)

**\$1,772<sup>87</sup>** as of 6/4/21

Healthy Awards Health  
Reimbursement Account (HAHRA)

**\$55<sup>00</sup>** as of 6/4/21

## Win for Life

Premium Reductions earned:

**0%** out of 20%

Client Administered earned:

**0%** out of 80%

You haven't earned any incentives yet.

[Start earning](#)



Feb 10 | [Claim summary](#)



Win for Life  
From your employer | [See details](#)



Virtual Wellness Screenings - New preventive care services available with MDLIVE  
A message from your health plan | [See details](#)



Digital Behavioral Programs: iPrevail and Happify  
A message from your health plan | [See details](#)

Talk to a doctor or nurse 24/7 using your phone, tablet, or computer.

[Connect Now](#)

## My Health



**99/100**

My Wellness Score

Last taken Feb 4, 2021

[Take your health assessment](#)

Can't remember password? Call Cigna at 800-997-1406

# Completing Step 2: Health Assessment

Cigna

Welcome back, GUEST!

**WELLNESS SCORE**  
Your last Wellness Score completed 10-04-2018

**78**

LAST 5 REPORTS CURRENT REPORT

**PROGRESS**  
You can retake your assessment at any time and track your progress.

Health Screening  
Personal Score

RETAKE MY ASSESSMENT

**PERSONAL INFORMATION**  
These are the answers from your last completed assessment

Total Cholesterol	100 mg
HDL Cholesterol	Good/Normal
Blood Pressure	90/80
Weight	52 lbs
Waist	30 in
Height	4'11"

EDIT

Cigna

**GUEST's Wellness**

YOUR SCORE: 83  
PEER SCORE: 90

Hi GUEST,  
Congratulations on completing your health assessment! Here is your wellness report that contains quick tips to help keep you on your path to better health.

PRINT REPORT EMAIL CONFIRMATION #

Feedback

**AREAS TO WORK ON NOW**

**PHYSICAL ACTIVITY**  
Get moving. The greatest health benefit occurs when you move from being totally inactive to being physically active.

MORE ▾

**BLOOD PRESSURE**  
Monitor your blood pressure weekly.

MORE ▾

**CATER TO YOUR STRENGTHS**

**SAFETY BELT**  
Congratulations for deciding to wear your safety belt.

MORE ▾

**WEIGHT/NUTRITION**  
Congratulations on having a healthy weight. You've reduced your risk of heart disease, high blood pressure, gallbladder disease and diabetes.

MORE ▾

# Program Completion – Did I Earn My Discount?

[Home](#)
[Find Care & Costs](#)
[Claims ▾](#)
[Coverage ▾](#)
[Spending Accounts ▾](#)
[Prescriptions ▾](#)
[Wellness ▾](#)

<b>Step 1: Annual Physical (40%)</b> <b>Step 2: Health Assessment (40%)</b>	80%Employee = \$600
	80% Spouse = \$300
	160% Employee and Spouse = \$900

**Total Wellness Starts Here**

**Win for Life Program (Debit Cards for Maternity Support Only) for Me**

Debit Cards ?

**\$0**

out of \$350

You have 0 Debit Cards dollars to redeem. [Redeem awards?](#)

Program Completion ?

**20%**

out of 20 %

Completed

**(Step 1 & 2) Program Completion ?**

**120%**

out of 120 %

Completed

# Program Completion – Did I Earn Healthy Awards funds?

Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions Wellness

## Bonus Round: Wellness Engagement Options (20%)

20% Employee = \$65 Healthy Awards funds

20% Spouse = \$32.50 Healthy Awards funds

40% Employee and Spouse = \$97.50 Healthy Awards funds

Wellness

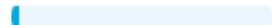
## Total Wellness Starts Here

### Win for Life Program (Debit Cards for Maternity Support Only) for Me

Debit Cards ?

\$0

out of \$350



You have 0 Debit Cards dollars to redeem. [Redeem awards](#)

#### Program Completion ?

20%

out of 20 %

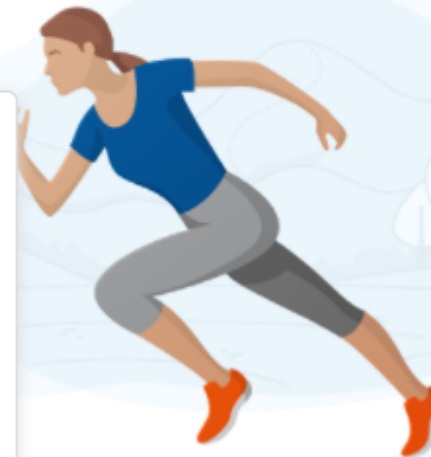
✓ Completed

#### (Step 1 & 2) Program Completion ?

120%

out of 120 %

✓ Completed



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# Wellness Engagement

## *Option A: Preventive Care*

*February 1, 2022 – January 31, 2023 (10% each – **must complete 2 options**)*

### Take charge of your preventative care by completing 2 options

- Cervical cancer screening
- Mammogram
- Colonoscopy
- Prostate cancer screening
- Annual Dental Exam
- Annual Vision Exam\*
- COVID-19 Vaccination
- Flu shot
- Immunizations
- Validated Fitness Facility Attendance\*  
(full list available on MyCigna.com)\*

*\* Self-reported*





Register via Eventbrite



Telephonic coaching  
available for spouses  
**1-800-997-1406**

# Wellness Engagement

## *Option B: Health Coaching*

*March 15, 2022 – March 11, 2023 (20% completion)*



# Save BIG

Health Coaching in the  
Houston community can cost  
between **\$95-170/hour**

Receive 4 sessions for  
**FREE** and a **\$50 gift card**  
for completing your goals

## Achieve your health goals with the support of a virtual health coach

4-session one-on-one health coaching with a Cigna Health Coach to manage your personal nutrition, physical activity, and reaching health goals, such as:

- Weight Management
- Stress Management
- Chronic condition management (diabetes, heart disease, hypertension, etc.)
- Health Assessment Assistance
- Improved medication adherence

Studies have shown  
**health coaching is effective through a personalized approach**  
to navigating health goals  
to improve quality of life,  
mood, and perceived  
stress levels.

Register through the Virtual  
Wellness Portal Page



# Wellness Engagement

## *Option C: Virtual Health Education Programs*

*May 1, 2022 – March 1, 2023 (20% completion)*

### **Lifestyle Management and Chronic Disease**

Education, engagement, and encouragement to reduce risk and promote wellness

**Class held once  
weekly for 4 weeks**

**Class series are  
offered monthly**

- Keys to Weight Loss
- Beginner's Fitness
- Reducing Stress
- Diabetes Prevention
- Low Back Pain
- Pre-retiree Preparing for Healthy Retirement
- Holistic Wellness
- Reducing Cancer Risk



# Wellness Engagement

## Option C: Virtual Health Education Programs

May 1, 2022 – March 1, 2023 (20% completion)

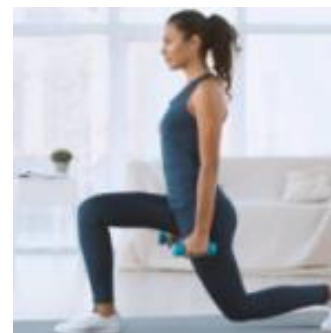
### Virtual CityFit Exercise Program



15-Minutes “At Your Desk”  
Workout



Virtual Cardio/Strength  
Workout

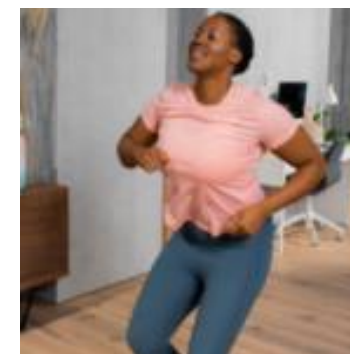


Yoga Workout



Email [wconnection@houstontx.gov](mailto:wconnection@houstontx.gov) for  
registration

Line Dancing



# Wellness Engagement

## *Option C: Virtual Health Education Programs*

*May 1, 2022 – March 1, 2023 (20% completion)*



### Fitbit Premium Program

- Guided programs – customized programs to build healthy habits
  - Nutrition, exercise, sleep, and meditation
  - Aspects of Calm Premium included
- Workouts – customized daily and access to thousands
- Advanced insights – personalized to activity trends
- Advanced sleep tools – personalized sleep score and guidance for improvements
- Includes access to Fitbit Premium and FREE Fitbit while participating

Email [wconnection@houston.tx.gov](mailto:wconnection@houston.tx.gov)  
to be added to the waitlist

# Wellness Engagement

## *Option C: Virtual Health Education Programs*

*May 1, 2022 – March 1, 2023 (20% completion)*

### Weight Watchers Reimagined



#### **Digital <\$9.00/month**

- Track food, activity and weight in the WW app.
- Database of restaurants, 8,000+ recipes, 24/7 coaching, on-demand workouts, etc.

#### **Unlimited Workshops + Digital <\$20.00/month**

- Includes all benefits of the Digital program
- Meeting weekly with a WW Coach and other members
- Weekly curriculum to help you lose weight and build healthy habits



A happier, healthier life starts here.



# Wellness Engagement

## *Option C: Virtual Health Education Programs*

*May 1, 2022 – March 1, 2023 (20% completion)*

Enroll Today | 713-442-6335

## Kelsey-Seybold Diabetes Program

Free, voluntary, confidential program for eligible participants.

- Kelsey-Seybold Diabetes Support Team to help you every step of the way
  - Nurse Program Coordinator
  - Kelsey-Seybold Physicians
  - Certified Diabetes Educators
- Kelsey-Seybold physicians nationally recognized for excellence in diabetes care
- No co-pays for required office visits to Physicians and Certified Diabetes Educators at Kelsey-Seybold Clinic
- If weight loss is recommended, Weight Watchers membership is also included





# Wellness Engagement

## *Option D: Achieve Health Goals*

*February 1, 2022 – January 31, 2023 (20% completion)*

### **Did you know?**

Maintaining healthy blood sugar and cholesterol ratio can lower risk of developing diabetes, high cholesterol, heart disease, kidney failure, and other health complications.

## **Be proud of your healthy numbers**

Use the blood work values from your Annual Physical

- **Fasting blood sugar:** <100 OR Non-fasting blood sugar: <140
- **Healthy cholesterol ratio for women:** 4.4
- **Healthy cholesterol ratio for men:** 5

*\*Labs must fall within the guidelines*





**Did you know?**

Program completion  
removes the tobacco user  
surcharge!

WIN FOR LIFE



RENEW. REFRESH. REIGNITE.

# Wellness Engagement

## *Option E: Tobacco Cessation Program*

*February 1, 2022 – March 11, 2023 (20% completion)*

### Get support to kick the habit for good



Telephonic coaching  
also available  
**1-800-997-1406**

#### ***“Living Tobacco-Free Program”***

An 8-week small virtual group class\* of 10 employees led by a Cigna Health Coach that focuses on a step-by-step plan for quitting tobacco and transitioning to a tobacco-free lifestyle.

**FREE Nicotine gum and patches provided.**

*\* One-on-one tobacco coaching is only available telephonically*





## *Wellness Program Resources*



### Wellness on Wheels

- Wellness Team presents a new health topic monthly
- Intended to help participants learn about health topics and improve their health related to the specific areas of promotion
- Overall improvement of employee health outcomes



# Wellness Program Resources

## Gym Membership Discounts



### City of Houston Employee Discounts - Fitness

- LA Fitness, Heritage Plaza Fitness Center, Gold's Gym, the YMCA, Blink Fitness and GlobalFit.com
- Prices and details at [HoustonWellnessConnection.org](https://HoustonWellnessConnection.org) > resources > Gym Discounts



### Cigna's Active&Fit Gym Discounts

- \$25 monthly membership to Active&Fit program
- Access to over 11,500+ fitness centers and studios
- 6,500+ home workout videos
- Sign up on [www.mycigna.com](https://www.mycigna.com) > Wellness > Exercise



## Wellness Program Resources

### Affinity Groups: Walking Club and Biking Events



#### Walking Club

- Join us Wednesdays at 10am for a brisk walk through the underground tunnels beginning at the garden level of 611 walker
- Want to start a walking club at your location? Please contact Wellness at [wconnection@houstontx.gov](mailto:wconnection@houstontx.gov)



#### Biking Event – MS 150

- The City of Houston participates annually in the Texas MS 150,
  - 2-day, 150-mile fundraising bicycle ride from Houston and Austin to College Station, TX.
- For more details or participation please contact us at [wconnection@houstontx.gov](mailto:wconnection@houstontx.gov)

## YOUR BABY ISN'T YOUR ONLY REWARD

Take part in the Cigna Healthy Pregnancies, Healthy Babies program and earn a reward.



# WIN FOR LIFE



## RENEW. REFRESH. REIGNITE.

## Wellness Program Resources

### Cigna's Healthy Pregnancies, Healthy Babies program

Enroll today. Call  
**800.615.2906.**

Helping mom and baby stay healthy during pregnancy and in the days and weeks after birth.

- Receive support from a Cigna Maternity Specialist or case manager
- Educational videos of baby's weekly development
- Notifications of development milestones
- To-do list for baby's first 2 weeks
- Access to educational connect for baby's first 2 years

### **\$350 VISA debit card**

- Enroll 1<sup>st</sup> trimester
- Complete program
- Complete postpartum check-in

2<sup>nd</sup> trimester - *\$200 VISA debit card*



Visit: [HoustonWellnessConnection.org](https://HoustonWellnessConnection.org)

Contact: (832)393-6000


Email: [wconnection@houstontx.gov](mailto:wconnection@houstontx.gov)



# Wellness Program Resources

**SEE A DOCTOR ON YOUR SCHEDULE.**


Convenient, 24/7 care.

 **Cigna Telehealth Connection**  
Signing up is easy!

- › Set up and create an account with one or both Amwell and MDLIVE
- › Complete a medical history using their "virtual clipboard"
- › Download vendor apps to your smartphone/mobile device. Visit the website or call to register.

Register for one or both today so you'll be ready to use a telehealth service when and where you need it.

**AmwellforCigna.com,\* 855.667.9722**  
**MDLIVEforCigna.com,\* 888.726.3171**

**The cost savings are clear.** 

\* Availability may vary by location and plan type and is subject to change. See vendor sites for details.

**800.Cigna24**  
Cigna 24-hour Health Information Line

**Call a nurse anytime day or night.**  
Just call 800.Cigna24 or the toll-free number on your Cigna ID card: 800-997-1406



## Are you missing out on free prescriptions?

**DID YOU KNOW?** You could be getting your prescriptions and many medical supplies for free? Cigna Home Delivery makes taking care of yourself much more convenient and affordable.

Call Cigna Home Delivery Pharmacy at 1-800-285-4812 to get a three-month supply of these drugs delivered to your home for \$0 copay:

 Generic and brand name asthma drugs	 Brand name insulin (\$25 Retail for 30-day supply)	 Generic Preventive Meds
 Generic cardiovascular and high blood pressure drugs	 Generic cholesterol medications	 City health plan members not enrolled in Medicare are eligible for \$0 copay diabetic blood glucose meters
 Preferred-brand diabetic test strips	 Generic diabetic medications	

In accordance with the Affordable Care Act, the following medications are also available for \$0 copay:

-  Tobacco cessation prescriptions and over-the-counter drugs
-  Generic prescription contraceptives, over-the-counter female contraceptives with a prescription from a physician, and contraception counseling. Visit [mycigna.com](http://mycigna.com) to view all \$0 copay contraception and generic preventive medication options being offered.

**Exclusively for KelseyCare Members!**

**KelseyCare** | **TELEMEDICINE SERVICES**

**It's Efficient. It's Convenient. It's Kelsey-Seybold Quality.**

KelseyCare Telemedicine Services means you, or your child, can get convenient medical care for a number of conditions when and where you need it. With E-visits or Video Visits, your care is delivered by a Kelsey-Seybold board-certified provider who can access your medical record and send prescriptions to the pharmacy of your choice.

Go to [kelsey-seybold.com/telemedicine](http://kelsey-seybold.com/telemedicine) for the latest information.

If you don't have a MyKelseyOnline account, call the MKO Help Line at 713-442-6565.

\*Video Visits are a covered benefit for many health plans and will accumulate to your MOOP. Check with your health plan for more details. Please note that controlled substances and narcotic pain medications cannot be prescribed.

**Use Cigna Home Delivery Pharmacy.**

- › Free standard delivery to your home or work address within the United States.
- › Fill up to a 90-day supply at one time, so you fill less often.
- › Free refill reminders by email to help make sure you don't miss a dose.
- › Refill your medication and track your orders on the myCigna app or website.
- › 24/7 access to licensed pharmacists.

**Contact today: 800-285-4812**



**Benefits of automatic refill**

- › Helps maintain timely access to important maintenance medications
- › Increases customer convenience
- › Helps ensure customers stay on track with their medication therapy

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