



## A PROGRAM FIT FOR YOU

This program is individualized to encourage you to take steps towards healthier working and living. In addition, through this program, you are provided prompt access to care, opportunities for health and injury prevention, the opportunity to meet with a Registered Dietitian to learn more about nutrition, and an educational resource to help you along your own personal wellness path.

The 2018 City of Stevens Point Wellness Program is your opportunity to earn valuable Health Savings Account dollars by completing a few simple objectives. Ministry Medical Group, now as part of Ascension, will visit locations weekly to assist you with your wellness needs.

## WELLNESS PROGRAM BENEFITS (2019 CONTRIBUTIONS)

The Wellness Program is a voluntary program for all City of Stevens Point employees. Only employees on the City's high deductible plan are eligible to receive contributions to their Health Savings Account (HSA).

### MUST COMPLETE

- 3 FIT Assessments (block scheduled, based on birth month)  
Jan-May-Sept Feb-June-Oct March-July-Nov Apr-Aug-Dec
- Health Screening (Blood Draw, Biometrics) *(March for all participants)*
- Health Risk Questionnaire *(March for all participants)*
- Health Screening Result Review with Registered Dietitian *(April for all participants)*  
*(Contribution will be pro-rated for partial completions)*

### VOLUNTARY PROGRAM

**HSA CONTRIBUTION**  
**Up to \$500** SINGLE  
**Up to \$1000** FAMILY

### HOW TO REGISTER

Information on registering and your login access to complete your health risk assessment will follow. Watch for upcoming communication.

## CONTACTS

### HSA Contributions or Benefits

Lisa Jakusz, HR Manager, City of Stevens Point: (715) 346-1594 | [ljakusz@stevenspoint.com](mailto:ljakusz@stevenspoint.com)

### FIT Assessments

Traci Tauferner, LAT, CSCS, PES, Ascension: (920) 979-5597 | [traci.tauferner@ascension.org](mailto:traci.tauferner@ascension.org)

### Health Screening, Health Risk Questionnaire, Results Review

Lisa Fahney, Ascension: (715) 295-5261 | [lisa.fahney@ascension.org](mailto:lisa.fahney@ascension.org)

### Registered Dietitian

Christine Lundberg, RD, CD: 715-295-5244 | [Christine.Lundberg@ascension.org](mailto:Christine.Lundberg@ascension.org)

# 2018 WELLNESS PROGRAM REWARDS

## 2019 HSA CONTRIBUTION

ACTIVITY	SINGLE PLAN	FAMILY PLAN
<input type="checkbox"/> Initial FIT Assessment	\$100	\$200
<input type="checkbox"/> FIT Assessment 2	\$100	\$200
<input type="checkbox"/> FIT Assessment 3	\$100	\$200
<input type="checkbox"/> Health Screening and Health Risk Questionnaire	\$100	\$200
<input type="checkbox"/> Health Screening Result Review*	\$100	\$200

*\*must complete Health Screening and Health Risk Questionnaire prior to result review with Registered Dietitian.*

Points will be earned based on the health plan you carry (single plan or family plan) at the time of the completion of the component of the Wellness Program listed above.

Contributions will be pro-rated for partial completion.

NOTE: Points earned in 2018 will count towards an HSA contribution in 2019. The contribution will likely be in early to mid January. In order to receive the HSA contribution, the employee must be eligible (i.e. have coverage on the City's high deductible health plan at the time the contribution is made, and cannot participate in a full FSA Plan).

Employees who drop City health insurance before the HSA contribution is made in early 2019 will not be eligible to receive an HSA contribution, even if they have completed part or all of the program.

All components of the wellness program must be completed in the timeline outlined in order to be eligible for the HSA contribution. A monthly calendar will be provided to those on the wellness e-mail list (contact Traci to register your e-mail) that provides details for upcoming wellness components.

It is the employee's responsibility to sign up and participate in these components on a timely basis.