



# City of Stevens Point 2019 Wellness Program

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## A PROGRAM FIT FOR YOU

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The 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 2019 City of Stevens Point Wellness Program is your opportunity to earn valuable Health Savings Account dollars by completing a few simple objectives. Ascension Employer Solutions and Advanced Physical Therapy will visit locations weekly to assist you with your wellness needs.

## WELLNESS PROGRAM BENEFITS

The Wellness Program is a voluntary program for all City of Stevens Point employees even if you are not enrolled in the City's health plan. However, only employees on the City's high deductible health insurance plan are eligible to receive contributions to their Health Savings Account (HSA).

### Must Complete:

- 3 FIT Assessments based on the following rotation:
  - City Hall, Airport and Transit in **Jan/May/Sept**
  - Streets, Parks/Rec and Water in **Feb/June/Oct**
  - Police & Fire Departments in **March/July/Nov**
  - Online registration available for City Hall this year! All other locations will have a paper schedule.
- Health Screening (Blood Draw, Biometrics) – **March/April for all participants**
- Health Risk Questionnaire – **April for all participants**
- Health Screening Result Review with Registered Dietitian – **April/May for all participants**

**This is a 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 to schedule your FIT Assessment.



**Contacts:**

HSA Contributions or Benefits

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

FIT Assessments- ALL depts. (except PD & FD) & On-site services

Kendra Schmitz, LAT: (715) 305-5973 | [kendra.schmitz@ascension.org](mailto:kendra.schmitz@ascension.org)

Health Screening, Health Risk Questionnaire, Results Review

Lisa Fahney, CHES: (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)

Diane Kelbel, RD, CD, CWC: 715-295-5233 | [diane.kelbel@ascension.org](mailto:diane.kelbel@ascension.org)

Traci Tauferner, LAT, CSCS: (920) 979-5597 | [Ttauferner@advancedptsm.com](mailto:Ttauferner@advancedptsm.com)

Police Department and Fire Department employees FIT Testing and On-site services

**2019 Wellness Program Rewards**

December 2019 HSA Contribution

**2019 WELLNESS PROGRAM REWARDS FOR 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.*

HSA dollars will be earned based on the health plan you carry (single plan or family plan) at the time of the completion of the activity of the Wellness Program listed above, subject to the following limitations:

In order to be eligible to receive the City contribution to your HSA, you must:

- Be actively employed by the City of Stevens Point at the time the contribution is made, and
- Have coverage under the City’s high deductible health plan at the time the contribution is made, and
- You cannot have a full FSA plan at the time the contribution is made, and
- You cannot be enrolled in Medicare Part A and/or B.

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 that provides details for upcoming wellness components. Please contact Kendra Schmitz to register your email.

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