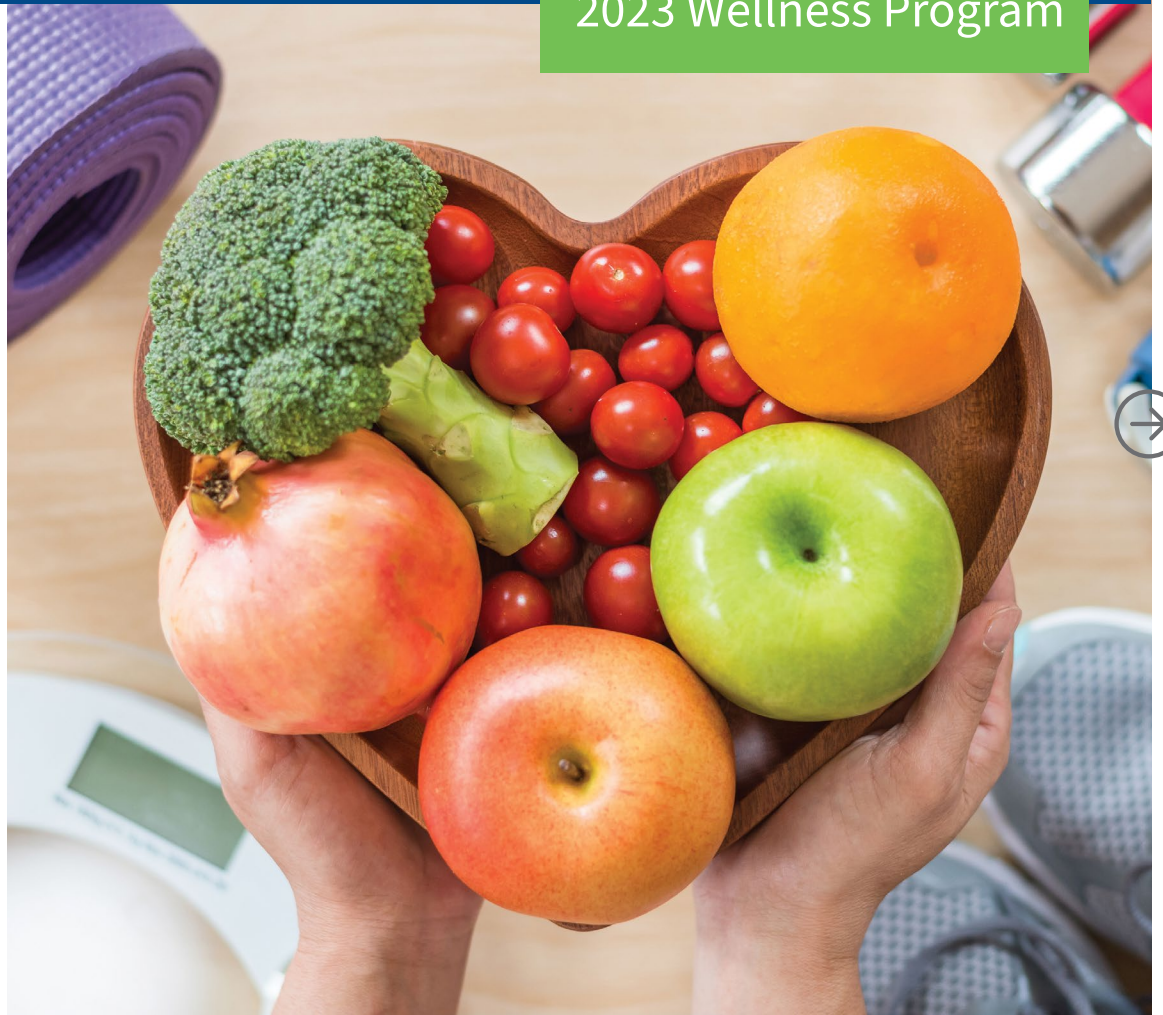


City of Stevens Point

2023 Wellness Program





City of Stevens Point 2023 Wellness Program

A Program Fit for You

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 2023 City of Stevens Point Wellness Program is your opportunity to earn valuable Health Savings Account dollars by completing a few simple objectives. Aspirus Business Health 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 will take place in January, May, & September for all departments.
 - Online registration available for City Hall, Airport, Transit, Streets, Parks/Rec and Water.
 - Fire and Police Department will have paper schedule.
- Health Screening (Blood Draw, Biometrics) - **September for all participants.**
- Health Risk Questionnaire - **September for all participants.**
- Health Screening Result Review - **October for all participants.**

This is a voluntary program!

HSA CONTRIBUTION

Up to \$500	Single
Up to \$1000	Family, Employee & Spouse, Employee & Child(ren)





City of Stevens Point 2023 Wellness Program

Contacts

HSA Contributions or Benefits

Sandy Frasch, HR Manager 715.346.1594 | sfrasch@stevenspoint.com

FIT Assessments - ALL departments (except Police Department and Fire Department) & On-site services

Travis Adams, LAT, CEAS II 715.305.5973 | travis.adams@aspirus.org

Health Screening, Health Risk Questionnaire, Results Review

Lisa Fahney, CHES 715.295.5261 | lisa.fahney@aspirus.org

Registered Dietitian

Christine Lundberg, RD, CD 715.295.5244 | christine.lundberg@aspirus.org

Diane Kelbel, RD, CD, CWC 715.295.5233 | diane.kelbel@aspirus.org

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

Traci Tauferner, LAT, CSCS 920.979.5597 | Ttauferner@advancedptsm.com

2023 Wellness Program Rewards

December 2023 HSA Contribution

2023 Wellness Program Rewards for HSA Contribution

ACTIVITY	Single Plan	Family, Employee & Spouse, Employee & Child(ren) 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.

HSA dollars will be earned based on the health plan you carry (i.e. single 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 Travis Adams to register your email.

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

NOTE: Only those having a HDHP Premium deduction are eligible for an HSA contribution.

