

City of Gulfport

Wellness Plan Design  
2021

**Eligible Participants:** Medical Plan Employees and New Hires (no new hires with a medical benefit end date after 9/15/2021)

Wellness Plan Year: 1/2/2021 to 10/15/2021

**Participants Must Complete the pre-qualifying activities to earn 100 points and achieve 50 points from the additional activities.**

- ✓ If you achieve 150 points by 6/15/2021, you will be eligible for a wellness credit applied 7/15/2021. (7/15/2021-6/30/2022)
- ✓ If you do not achieve 150 points by 6/15/2021, but you do achieve 150 points by 10/15/2021 you will be eligible for a wellness credit applied 11/18/2021. (11/18/2021-10/31/2022)

PRE-QUALIFYING (achieve 100 points)	1/2/2021-10/15/2021
<b>HEALTH ASSESSMENT/AWARENESS</b>	
<b>Must</b> complete Wellness screenings at a Medical Analysis (MA) clinic OR personal care provider (PCP).	25
Complete a follow-up visit to discuss your test results with Medical Analysis or your Primary Care Provider. You <b>MUST</b> provide a copy of your results to Medical Analysis Clinic. This is a Know Your Numbers visit.	25
Based upon results you may/may not have goals to achieve. If you have goals to achieve as determined by MA or your PCP: <ul style="list-style-type: none"> <li>• You <b>MUST</b> complete additional follow up visit (s) to be eligible for premium discount.</li> <li>• The visits must be completed by deadline date of 6/15/2021 or 10/15/2021.</li> <li>• If follow up visits are not needed, points will automatically be given for this activity.</li> </ul>	25
<b>Must</b> complete the online HClactive Health Risk Assessment	25
<b>ADDITIONAL ACTIVITIES (achieve 50 points out of a possible 175)</b>	
<b>PREVENTION</b>	
Annual wellness exam (with primary care provider or Medical Analysis) - Respond to email The City of Gulfport MS Wellness Team through HClactive	15
Annual dental exam – Respond to email The City of Gulfport MS Wellness Team through HClactive	5
Get a Flu Shot x1 - Respond to email The City of Gulfport MS Wellness Team through HClactive	5
Annual vision exam - Respond to email The City of Gulfport MS Wellness Team through HClactive	5
<b>TAKING ACTION</b>	
Complete the Online Digital Coaching Module on Managing Blood Pressure	25
Complete 3 Online Educational Seminar - your choice (15 points per module/max 45 points)	45

GET ACTIVE - CHALLENGES	1/2/2021-6/15/2021
<p><b>New Year's Celebration</b> Happy New Year! In this active minute 31-day challenge, participants learn about how countries each celebrate the new year differently. Each milestone represents a different country and its specific new year celebration. You'll need to connect your fitness tracker/app/phone to record active minutes. (1/2/2021 – 1/31/2021; expert level) - FITNESS</p>	15
<p><b>March in Green</b> We're thinking green leafy vegetables and leprechauns! This is a multi-stage challenge; each milestone utilizes a different type of challenge. Get ready for fun activities as milestones are reached through meditation, food logging, counting steps, and counting active minutes. Along the way, participants are given details on something "green" in keeping with an "even-if-you-aren't-Irish" St. Patrick's Day theme. You'll need to connect your fitness tracker/app/phone. 30 Days / Expert / Multi 3/1/2021- 3/30/2021 – NUTRITION/FITNESS</p>	15
<p><b>Unwind Your Mind</b> Unwind Your Mind is a one-month challenge focused on stress management, stress reduction, and understanding stress. The goal is to continue or learn to manage your stress in healthy ways, by working through the online interactive stress module, Unwind Your Mind Worksheet, and by utilizing tips and techniques provided weekly.  In this challenge you will learn why it is important to manage your stress and be encouraged to try practical stress relief activities.  5/1/2021-5/31/2021 – STRESS MANAGEMENT</p>	15
GET ACTIVE - CHALLENGES	7/1/2021 – 9/1/2021
<p><b>Grand Canyon</b> The Grand Canyon challenge takes participants through the Grand Canyon in Southwest America. At each milestone, participants track steps to learn about different things that make up the Grand Canyon area. You'll need to connect your fitness tracker/app/phone to record steps. 28 Days / Novice / Steps 7/1/2021 – 7/28/2021 – FITNESS/STEPS</p>	15
<p><b>Superhero Fun</b> Have you ever felt superhuman? This is your chance! This is a multi-stage challenge; each milestone utilizes a different type of challenge. There is meditation, food logging, counting steps, and accumulating active minutes activities. Participants are engaged in a short story about superheroes at each milestone. You'll need to connect your fitness tracker/app/phone. 30 Days / Expert / Multi 8/1/2021 – 8/30/2021 - STRESS MANAGEMENT/NUTRITION/STEP</p>	15

\*please note that you will be receiving an email monthly starting 1/2/2021 with the opportunity to indicate completion of an annual wellness exam, dental, vision exam and/or flu shot by clicking on "select yes or select no" ...it's that simple!!

The first email you receive will ask if you've completed either exam between October 1, 2020 through 12/31/2020. The next email will be sent on or around 2/1/2021 and your selection will indicate completion or not in the month of January 2021. Each monthly email selection will reflect the previous month. Your selection of "yes" for completion of any of the additional wellness exams activities will be recorded as complete.