2024 Target Your Health Wellness Incentive Program

Program Overview

What/Why: Voluntary participation-based Incentive program encouraging

participants to adopt healthy behaviors and improving health and

well-being.

Who: All employees enrolled in the City's health insurance plan are eligible

to participate.

When: January 1, 2024 through December 31, 2024

How:

1. \$100 Required: Annual Health Assessment (AHA) and follow up

- \$50 Additional: Complete minimum of three (3) additional activities/screenings
- 3. \$50 Additional: Complete a Wellness Coaching program by working one-on-one with a Premise health coach by setting and completing 2 goals (a minimum of 2 calls) or online through Premise Connect with a minimum of 1 health coaching call
- Entered into a drawing for \$250.00 if #1 and #2 are met
- ♣ Employee completes Target Your Health Wellness Incentives tracking sheet and submits the form to Human Resources

The Gardens Wellness Team

