

## 2025 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, 2025 through December 31, 2025

### How:

1. \$100 **Required:** Annual Health Assessment (AHA) and follow up
  2. \$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).
- ✚ 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

