2026 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, 2026 through December 31, 2026

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