

# WELLNESS GUIDE



# 2021



**Your health insurance premium will increase by \$100/month if you do not complete these 3 things by 8/31/21.**

To avoid paying an additional \$100 per month and earn your 2022 insurance premium incentive, you must complete these three (3) tasks:

1. Health Assessment (HA)
2. Tobacco Affidavit or Tobacco Journey (TOB)
3. Biometric Screening Form (BSF)

If your spouse is covered by your health plan, he or she must also complete the tasks for you to reduce your payment and receive the incentive.

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If you have any questions, please feel free to stop by the Human Resources Department – Wellness Division at City Hall, HR, Lower Level, NW Corner. You may also visit [www.fortworthtexas.gov/wellness](http://www.fortworthtexas.gov/wellness) or call us at 817-392-8556.

# 2021 HEALTHY CHALLENGE WELLNESS PROGRAM

## Overview

The Healthy Challenge Wellness Program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress or to improve your diet, the Healthy Challenge Wellness Program can help.

## City of Fort Worth Virgin Pulse Requirements

To provide the tools and support you need to live healthily, we have partnered with Virgin Pulse, a leading health-management services provider. Together with Virgin Pulse, we'll bring you the latest health and wellness content, educational programs and an online community to keep you motivated.

## Who can participate in the program?

Beginning 1/4/21, all employees hired before 6/1/21, and health plan-covered spouses, are eligible to participate in the Health Assessment (HA), Tobacco Affidavit OR Tobacco Journey (TOB) and Biometric Screening Form (BSF) and can log on to the City of Fort Worth website to take part in all available wellness activities.

## Will my health information be confidential?

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Virgin Pulse team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.





# Virgin Pulse Requirements for Lower Premium and Incentive

## DEADLINE: 8/31/2021

### How Can I Lower My Premium & Receive an Insurance Premium Incentive?

To avoid paying an additional \$100 per month and earn your 2022 insurance premium incentive, you must complete the Health Assessment (HA) questionnaire, the Tobacco Affidavit OR Tobacco Journey (TOB) and the Biometric Screening Form (BSF) after undergoing a Biometric Screening by 8/31/21. If your spouse is covered by the city's health plan, they must also complete the requirements for you to receive the incentive.

**1. Health Assessment (HA) Questionnaire** After you register on [join.virginpulse.com/cfw](https://join.virginpulse.com/cfw), you will complete the Health Assessment (HA) questionnaire. Upon completing it, you will review information on your current risk level for all lifestyle habits, and you will receive tips for maintaining or improving your overall health and well-being.

**2. Tobacco Affidavit OR Tobacco Journey (TOB)** If you are not a tobacco user, you will simply answer the two questions in the HA that say you are Nicotine-Free. The Nicotine-Free agreement **will automatically be completed**. If you are a tobacco user, you will be directed to complete one (1) Tobacco Journey, found under "Health," then click on "Journeys," scroll to "Being Tobacco Free" section and select one option.

**3. Biometric Screening Form (BSF)\*** You will need to schedule your Biometric Screening with your physician and take the Biometric Screening Form (BSF) to your appointment. Once you have registered at [join.virginpulse.com/cfw](https://join.virginpulse.com/cfw), you will download a copy of the BSF on the Programs page to take to your physician to complete. Once the BSF is complete, you will be able to submit the form via upload to your Virgin Pulse portal or fax it to 1-508-302-0055.

**\*IMPORTANT NOTE:** Your BSF must be submitted by 8/31/21. No late submissions will be accepted. This means that your Biometric Screening should be scheduled no later than 8/26/21 to allow time for the blood work to be processed and results returned to the physician to complete the BSF and submit by 8/31/21. If blood work is done prior to the screening appointment, and the screening is completed on 8/31/21 and the BSF is submitted by 8/31/21, this should not be an issue.



### HOW TO REGISTER

Visit [join.virginpulse.com/cfw](https://join.virginpulse.com/cfw) to log in and register with Virgin Pulse. Just follow the prompts to register as a new user or if you are already registered, click on "Sign In." If your spouse is on the city's health insurance, both of you will have a separate account, so each of you will register. **You will use your email to register. Each individual must have their own email.**

### Virgin Pulse Member Services

The Virgin Pulse Member Services has four different options to assist you with questions or much-needed information. Choose what works best for you:

**Live Chat** – Members are able to quickly chat online (web only) with a representative.  
Available Monday – Friday, 7:00 a.m. – 8:00 p.m.

**Phone** – Members can call to speak with a representative at 888-671-9395.  
Available Monday – Friday, 7:00 a.m. – 8:00 p.m.

**Email** – Members can email the team by using [support@virginpulse.com](mailto:support@virginpulse.com) and receive initial responses within 2 business days, even if not resolved.

**Support Page** – Members can access self-service troubleshooting with over 500 articles on topics, including getting started, devices and apps and profile setup.

### Additional Physician Screening Form Information

If you do not have a Primary Care Physician (PCP), you can contact the City of Fort Worth Employee Health Centers at 1-800-574-0606 to schedule your Biometric Screening. Your insurance covers one annual physical/Biometric Screening per calendar year (not every 12 months). It's covered 100% (free) on both the Health Center and Consumer Choice plans.

## HEALTHY CHALLENGE CASH PAYOUT

### How Does the Healthy Challenge Cash Payout Work?

The Healthy Challenge Cash Payout is based on a point system. You can earn points throughout the year by completing certain program activities. **NOTE:** Only employees are eligible for the cash payout and must be active at the time of award (2nd pay period in January 2022).

### DEADLINE (for cash payout)

# 12/15/2021

### REQUIREMENTS TO BE ELIGIBLE: (Employees only)

- Complete the Health Assessment questionnaire
- Complete a Biometric Screening
- Complete Nicotine-Free Agreement OR one (1) Tobacco Journey
- Complete at least one (1) Preventative Screening

For more ways to earn your Healthy Challenge Cash Payout, visit How to Earn under the Rewards tab on the site or on the mobile app.

*HEALTHY  
ISN'T A GOAL.  
IT'S A WAY OF  
LIVING.*

### GENDER-SPECIFIC PREVENTATIVE SCREENING RECOMMENDATIONS

#### MALES (Must complete any 1 of the following)

|   |
|---|
| Dental Exam                                     |
| Prostate Exam                                   |
| Influenza Vaccine ("Flu Shot")                  |
| COVID-19 Vaccine (2 shots)                      |
| Skin Cancer Screening                           |
| Eye Exam  |
| Pneumonia Vaccine ("Pneumococcal Vaccine Shot") |
| Shingles Vaccine ("Herpes Zoster Shots")        |
| Fecal Occult Blood Test ("Stool Test")          |
| Colonoscopy                                     |
| Osteoporosis Screening ("Bone Density Test")    |

#### FEMALES (Must complete any 1 of the following)

|  |
|--|
| Dental Exam                                  |
| Well Woman Exam                              |
| Influenza Vaccine ("Flu Shot")               |
| Pap Test                                     |
| Eye Exam                                     |
| Skin Cancer Screening                        |
| Pneumonia Vaccine ("Pneumococcal Vaccine")   |
| Shingles Vaccine ("Herpes Zoster")           |
| Mammogram                                    |
| Fecal Occult Blood Test ("Stool Test")       |
| Colonoscopy                                  |
| Osteoporosis Screening ("Bone Density Test") |

### Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to [join.virginpulse.com/cfw](https://join.virginpulse.com/cfw).



## Level Up Your Health!

### Healthy Challenge Cash Payout



There are more ways now than ever to earn points. From tracking your weekly steps, to getting a preventative health screening, you can pile on the points while taking care of your overall well-being. The more points you earn, the greater your cash reward! **Note:** Only employees are eligible for the cash payout.



**DO**  
Healthy Things



**EARN**  
Points

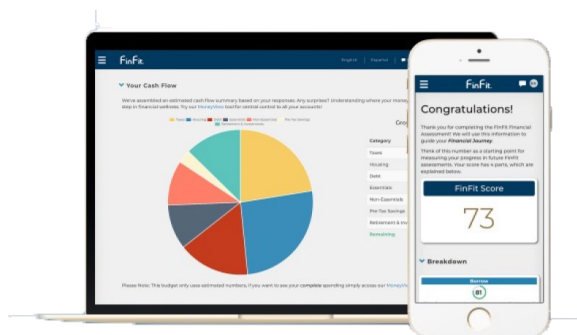


**CELEBRATE**  
Success

|                 | Level<br><b>1</b>                               | Level<br><b>2</b> | Level<br><b>3</b> | Level<br><b>4</b> |
|-----------------|---|-------------------|-------------------|-------------------|
| <b>Points</b>   | 5,000   | 15,000            | 25,000            | 40,000            |
| <b>Rewards</b>  | Level 1 Complete                                | \$150 achieved    | \$200 achieved    | \$250 achieved    |
|                 | Do Healthy Things                               |                   |                   | Points Earned     |
| <b>Weekly</b>   | Complete a FinFit video or article              |                   |                   | 50                |
| <b>Monthly</b>  | Track Healthy Habits 20 days in a month         |                   |                   | 300               |
| <b>Annually</b> | Complete the Biometric Screening before July 31 |                   |                   | 500               |
| <b>Programs</b> | Complete Naturally Slim or Weight Watchers      |                   |                   | 500               |

### FinFit's Financial Assessment Tool

The personalized assessment and planning tools recognize that each individual has unique spending, savings, planning and buying habits. The FinFit platform provides both action plans and tools that are specifically tailored to each individual's footprint.



Personalized financial wellness score

Visual budget to help outline where your income is being allocated

Benchmarking so you can see where you stack up against your peers

Action plan that includes personalized tools and resources to improve your financial health

Highly interactive and real-time platform to give relevant and timely feedback

## Level Up Your Health! Ways to earn:

|                  | Do Healthy Things  | Points Earned |
|------------------|--|---------------|
| <b>One-Time</b>  | Complete Registration                                    | 100           |
|                  | Complete First Login to the Mobile App                   | 250           |
| <b>Daily</b>     | Complete 15 Active Minutes in a Day                      | 70            |
|                  | Complete 30 Active Minutes in a Day                      | 100           |
|                  | Complete 5,000 Steps a Day                               | 50            |
| <b>Weekly</b>    | Complete a FinFit Video or Article                       | 50            |
|                  | Complete 10 Daily Cards in a Month                       | 100           |
|                  | Complete 20 Daily Cards in a Month                       | 200           |
|                  | Track Calories 10 Days in a Month                        | 200           |
|                  | Track Calories 20 Days in a Month                        | 300           |
|                  | Track Sleep 10 Days in a Month                           | 100           |
|                  | Track Healthy Habits 10 Days in a Month                  | 200           |
| <b>Monthly</b>   | Track Healthy Habits 20 Days in a Month                  | 300           |
|                  | Meet with a FinFit Financial Counselor                   | 250           |
|                  | Complete Seminar Self-Report                             | 250           |
|                  | Participate in Blood Drive                               | 250           |
|                  | Complete a Fitness Class                                 | 400           |
|                  | Complete an Annual Walk/Run                              | 250           |
|                  | Complete a Coaching Appointment                          | 250           |
| <b>Quarterly</b> | Complete a Preventative Screening Attestation (Required) | 1,000         |
|                  | Complete an Annual Event                                 | 250           |
| <b>Annually</b>  | Complete the FinFit Financial Wellness Assessment        | 250           |
|                  | Complete the Biometric Screening before July 31          | 500           |
| <b>Programs</b>  | Complete Naturally Slim                                  | 500           |
|                  | Complete Weight Watchers                                 | 500           |

### For more ways to earn

Visit How to Earn under the Rewards tab on the site — or on the mobile app.

## HEALTH COACHING FROM Virgin Pulse

### Call in a Personal, Trained Health Professional

As we strive toward better health, we could all use a little help from experts from time to time. That's why the Virgin Pulse Health Coach Program is such a valuable part of the Healthy Challenge Wellness Program.

As a Healthy Challenge participant, you have access to a variety of specially trained health professionals, including registered dietitians, clinicians, nurses and certified personal trainers. You'll be assigned to one or more of these professionals, depending on your health goals. Earn 250 points per session, up to 4X per month, toward the Healthy Challenge cash payout.

#### What Should I Expect During My Coaching Sessions?

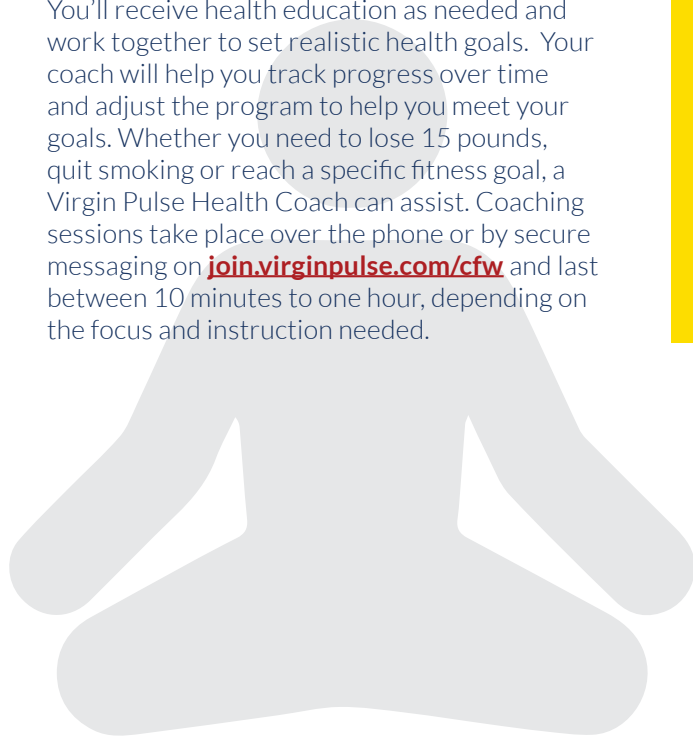
Your Health Coach is an experienced, certified Virgin Pulse Health Professional who will support you in behavior and lifestyle modifications. You'll receive health education as needed and work together to set realistic health goals. Your coach will help you track progress over time and adjust the program to help you meet your goals. Whether you need to lose 15 pounds, quit smoking or reach a specific fitness goal, a Virgin Pulse Health Coach can assist. Coaching sessions take place over the phone or by secure messaging on [join.virginpulse.com/cfw](https://join.virginpulse.com/cfw) and last between 10 minutes to one hour, depending on the focus and instruction needed.



#### How Do I Contact a Health Coach?

Contact your Health Coach by calling **1-888-671-9395** or by visiting the [www.join.virginpulse.com/cfw](https://www.join.virginpulse.com/cfw) home page.

- Select Inbox from the pull-down menu containing your name in the upper-right corner of the home page.
- Then click on the Send a Secure Message to a Health Coach link.







# GET CAUGHT DOING SOMETHING HEALTHY!

## HEALTHY CHALLENGE WELLNESS INCENTIVE PROGRAM

The Healthy Challenge Wellness Incentive Program is a unique incentive program for City of Fort Worth employees. In addition to the current Healthy Challenge Cash Payout Program, you can earn Wellness Bucks if you get caught by any of the Healthy Challenge Wellness Program staff doing something “healthy.” Any Wellness Bucks you earn this way can be “cashed in” for several wellness products (i.e., mug, t-shirt, stress ball, pedometer, etc.).

### How Does It Work?

The Healthy Challenge Wellness Program staff will be on the lookout for anyone who is working on making lifestyle changes to improve or protect their health. These could include eating more fruits and vegetables, eating low-fat foods, being more physically active, managing stress more effectively, not using tobacco, wearing seatbelts or using your medical self-help manual. If any of the Healthy Challenge Wellness Program staff “catch” you doing any of these healthy behaviors, they will introduce themselves to you, hand you a green Wellness Buck and say, **“I caught you doing something healthy — keep it up!”** They may not do so every time they see you, but they will some of the time.

Since there are only three Healthy Challenge Wellness Program staff members and over 6,000 full-time employees, this may be a daunting task. So, we need your help to identify potential “offenders” of good health. If you or someone you know regularly walks at a certain time each day while at work, let us know and we may just show up to catch them. If you’re having a meeting where there is fresh fruit or vegetables as part of the fare, let us know and we may just show up to catch you. Get the idea?

Now, go out and practice those healthy behaviors, and **Get Caught Doing Something Healthy!**

### Wellness Store

The **Healthy Challenge Wellness Store** will be open each work day 8:00 a.m. – 5:00 p.m. for you to exchange your Wellness Bucks for Wellness Merchandise. For more information, call the Healthy Challenge Wellness Office at 817-392-7753.



## HEALTHY CHALLENGE WELLNESS PROGRAM OBESITY TREATMENT PROGRAM

### TREATMENTS/4 OPTIONS

#### **Level One Treatment – Virgin Pulse Health Coaching** (\*Available to all employees)

##### **Virgin Pulse –**

Health Coaching involves working one-on-one with a trained Health Coach (Virgin Pulse) to focus on weight, nutrition, exercise, etc. There will be specific goal setting, with follow-up on a weekly, biweekly or monthly basis, as identified by the coach. Unlimited sessions and no cost for all employees.

#### **Level Two Treatment – Naturally Slim & Weight Watchers (WW)** (\*Only available to Health Plan members)

##### **Clinical/Behavioral –**

Treatment may be utilized, when available, as a Level Two treatment. Both of these programs are covered by insurance and paid by the City; no cost to Health Plan members.

##### **Naturally Slim –**

Treatment involves three phases:

1. Foundations (Skill Building) – 10 sessions
2. NS4Y (Skill Reinforcement) – 10 sessions
3. NS4LIFE (Skill Maintenance) – Ongoing & Yearlong

Delivery is online with groups of participants meeting weekly to learn and discuss additional strategies for weight control. Each session lasts 30 minutes and features topical discussions on nutritional information or behavioral or physical activities. Participants may also work one-on-one with health coaches as needed on an unlimited basis. Information utilized in the Clinical/Behavioral Program include:

1. Focuses on intensive behavior modification, education on behavioral strategies and cognitive and emotional re-education
2. Intensive physical-activity education
3. Interactive videos and tools & Welcome Kit
4. Click to chat with coach
5. App available for smartphone and tablet
6. Device integration with FitBit, Jawbone & Apple
7. Weight-Maintenance phase (12+ months) after Weight-Loss phase

##### **Weight Watchers (WW) –**

Treatment involves:

1. Enrollment (Assessment) – 1 session
2. Weight Loss (Attends weekly session) – Ongoing & Yearlong

## HEALTH CHALLENGE WELLNESS PROGRAM OBESITY TREATMENT PROGRAM

Delivery is online with groups of participants meeting weekly to learn and discuss additional strategies for weight control. Each session lasts 60 minutes and features topical discussions on nutritional information or behavioral or physical activities. Participants may choose from a variety of online groups. Information utilized in the WW Program include:

1. Focuses on tracking food and education on calorie intake and physical activity
2. Behavior modification and education on behavioral strategies
3. Intensive education on physical activity
4. Interactive videos and tools & Welcome Kit
5. Program duration is ongoing

### Level Three Treatment – OptumRX (\*Only available to Health Center Plan members)

The addition of pharmacological weight-control agents to the treatment plan constitutes treatment at Level Three. Treatment with weight-control medications may be conducted coincidentally with ongoing Level One or Level Two treatments or stand alone.

Several agents are FDA approved for weight control, including but not limited to: Covered 100%, no copay for Health Center Plan (HCP) members; Waive deductible and 5% coinsurance for Consumer Choice Plan (CCP) members.

1. Orlistat (Xenical®)
2. Lorcaserin (Belviq®)
3. Phentermine (Adipex-P®, Suprenza®, Qsymia®, Lomaira®)
4. Phendimetrazine (Bontril®)
5. Benzphetamine (Didrex®)
6. Bupropion/Naltrexone (Contrave®)
7. Liraglutide (Saxenda®)

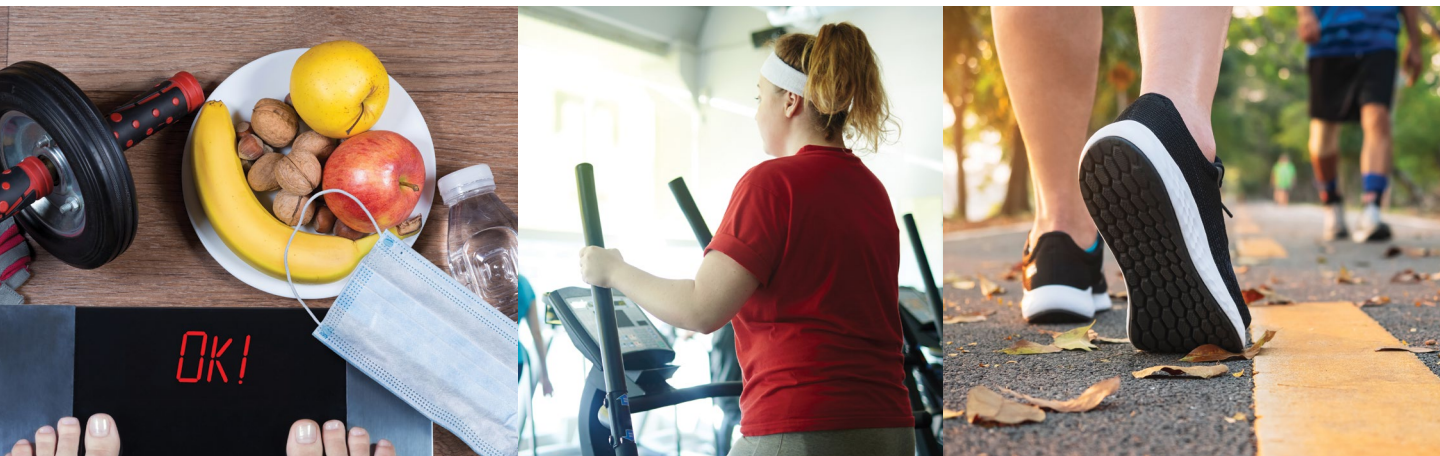
### Level Four Treatment – Bariatric Surgery (\*Only available to Health Center Plan members)

Bariatric gastric bypass surgery (GBS) or other bariatric surgical procedures constitute the Level Four treatment of last resort. Patients may be referred for a bariatric surgical procedure to medical centers where this service is available. Specific selection criteria apply for this treatment option. Several procedures are approved for weight control, including:

1. Sleeve Gastrectomy
2. Roux-En-Y
3. Duodenal Switch
4. LAP

Bariatric surgery through SurgeryPlus follows this protocol:

1. Uses bariatric surgeons on their specialty network – currently, 4
2. Surgery is performed at the facility where the specific bariatric surgeon has rights
3. Will follow same three-month Pre-Op Program protocol prior to surgery
4. Postop follow-up will be done through the same bariatric surgeon who performs surgery
5. Cost to member: Deductible; coinsurance waived







## HEALTHY CHALLENGE WELLNESS PROGRAM DIABETES MANAGEMENT PROGRAM

**1 Oral medication, non-insulin injectable, insulin and meters,** covered through OptumRX at 100% no copay for both plans, syringes, pen needles, strips and lancets covered through OptumRX at 100%, no copay for HCP; waive deductible and 5% coinsurance for CCP.

**2 DME (Insulin pump, continuous monitor and supplies)** through Meritain (Aetna) at 100%, no copay for HCP; deductible applies and 5% coinsurance for CCP.

**3 Certified Diabetes Educator** Consultations available at the three Main Health Centers on medications, testing and nutrition are free for HCP and \$60 for CCP.





# BLOOD DRIVE - 2021

## Earn for You While Giving to Others

All full-time City of Fort Worth employees who donate blood will receive an hour of vacation time. Part-time employees who donate blood will receive an hour of comp time. You can also earn points for the Healthy Challenge Payout (full-time employees only). So, roll up your sleeves and visit the Bloodmobile!

You must provide some type of identification (e.g., your City ID or driver's license). And be sure to sign both sign-in sheets to receive credit for your one hour of vacation time or comp time.

### Blood Drive Dates & Locations

February 20, April 23, June 25, August 20, October 22 & December 17

- 8:30 a.m.-4:30 p.m. **1** City Hall (south end) - Double Reds (Available)
- 7:30 a.m.-10:30 a.m. **2** Water Field Operations
- 8:00 a.m.-2:00 p.m. **3** Bob Bolen Municipal Complex - Double Reds (Available)
- 1:30 p.m.-4:30 p.m. **4** James Avenue Service Center
- 8:30 a.m.-11:30 a.m. **5** Southside Service Center
- 12:30 p.m.-3:30 p.m. **6** Hazel Harvey Peace Center - Double Reds (Available)
- 1:00 p.m.-4:00 p.m. **7** Northside Service Center

# GIVE BLOOD

*Earn 1 Hour of Vacation*



*Points for the  
Healthy Challenge  
Payout*

### Meet Double Reds

Unlike a traditional whole-blood donation, Automated Red Cell Collection (2RBC) allows the donor to safely give two units of red blood cells instead of just one — thus, the nickname “Double Reds.” The process separates blood into its components while it is being drawn. Because only red blood cells are being collected, enough can be collected for two red-cell transfusions and the remaining components are returned to the donor.

The collection procedure takes just 20 minutes longer than a whole-blood donation and can be performed every four months.

### 2RBC Donor Requirements

2RBC donors must meet certain height and weight requirements, as well as routine donor criteria:

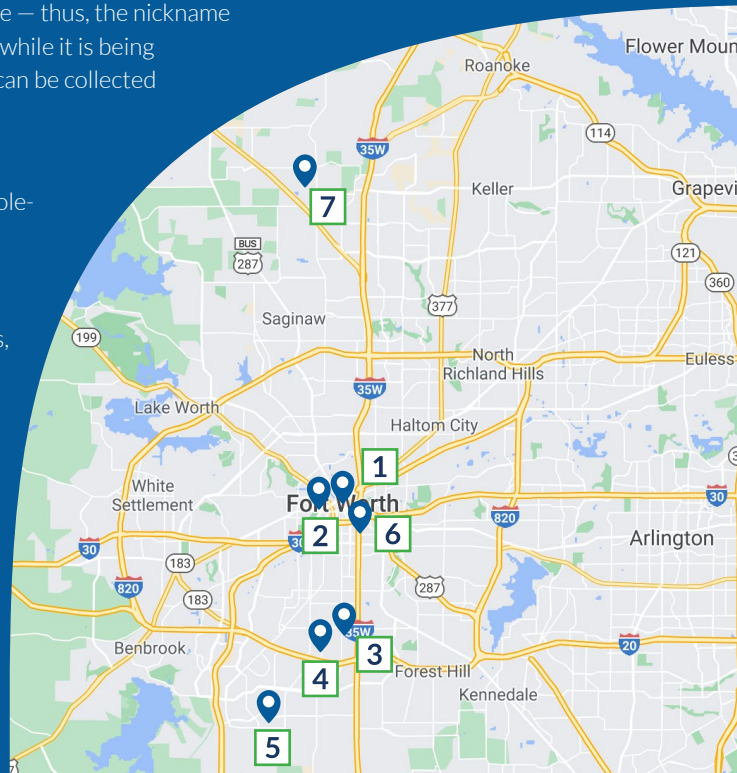
- Males must weigh at least 150 lbs. and be 5'5" or taller.
- Females must weigh at least 130 lbs. and be 5'1" or taller.

**If donating at a Carter BloodCare Center, please use**

**Sponsor Number: SFON033098**

**For more information, call the**

**Wellness Office at 817-392-8556.**



## FITNESS CENTER MEMBERSHIPS

### Maintain Your Fitness at a Discount

Check out the discounted membership fees you are eligible for at area fitness centers. For membership options, call that center. Fees listed are effective as of Jan. 1, 2021.



#### Anytime Fitness

Contact Ann Mannon at 817-207-0900  
or visit [www.anytimefitness.com](http://www.anytimefitness.com).

**LOCATION:**  
**ENROLLMENT FEE:**  
**ONE-TIME SECURITY FEE:**  
**MONTHLY FEE:**

Multiple locations in DFW, 24-hour access  
None  
\$25  
20 percent off standard fee with 12-month contract  
(Standard fee is **\$49** per month, plus tax.)



#### Camp Gladiator

Contact Erica Bevel at 817-690-1114  
or [ericabevel@campgladiator.com](mailto:ericabevel@campgladiator.com).

**LOCATION:**  
**ENROLLMENT FEE:**  
**FIRST MONTH TRIAL OFFER:**  
**CG BOLD 6:**  
**CG BOLD 12:**  
**CG BOLD 24:**

Over 750 locations in DFW  
None  
\$0 (One month only)  
Minimum 6-month commitment for **\$76.50** per month  
Minimum 12-month commitment for **\$67.50** per month  
Minimum 24-month commitment for **\$58.50** per month



#### LA Fitness

Contact Luis Salmeron at 214-681-2582  
or [luis.salmerone@fitnessintl.com](mailto:luis.salmerone@fitnessintl.com).

**LOCATION:**  
**ENROLLMENT FEE:**  
**MONTHLY FEE:**

Multiple locations in DFW  
\$25  
**\$29.99**, plus tax **ANNUAL FEE: \$49**



#### CERA (formerly LMRA)

Contact Crissy Carter at 817-732-7731,  
ext. 123, or visit [www.cera-fw.org](http://www.cera-fw.org).

**LOCATION:**  
**ENROLLMENT FEE:**  
**MONTHLY FEE:**

3300 Bryant Irvin Rd., Fort Worth  
None  
**\$35** per individual **\$56** for a family of 2  
**\$25** for an individual (60+) **\$42** for a family of 2 (60+)



#### Vigor Active

Visit [www.vigoractive.net](http://www.vigoractive.net).

**LOCATION:**  
**ENROLLMENT FEE:**  
**MONTHLY FEE:**

615 Commerce St., Fort Worth  
None  
No contract, **\$45** per month  
Pay 12 months in full, get 3 months free.



#### Resource Connection Aquatic Center

Contact Kayla Rogers at 817-531-7667  
or [RCAquaticCenter@tarrantcounty.com](mailto:RCAquaticCenter@tarrantcounty.com).

**LOCATION:**  
**ENROLLMENT FEE:**  
**MONTHLY FEE:**

2200 Circle Dr., Fort Worth  
None  
**\$25** per individual **\$35** for a family of 2-4  
**\$45** for a family of 5 or more



#### YMCA

Contact Elva Sandoval at 817-566-1040  
or [esandoval@ymcafw.org](mailto:esandoval@ymcafw.org).

**LOCATION:**  
**ENROLLMENT FEE:**

Multiple locations in DFW  
None

Household 1: 2 adults+children (up to 19 yrs); Household 2: 2 adults OR 1 adult+children (up to 19 yrs);  
Individual: 26 - 61 yrs; Senior Couple: 2 adults - 1 must be 62+ yrs; Senior Individual: 62+ yrs; Young  
Adult: 13-26 yrs.

| MEMBERSHIPS       | PER MONTH   | PER PAY PERIOD |
|-------------------|-------------|----------------|
| HOUSEHOLD 1       | <b>\$77</b> | \$35.54        |
| HOUSEHOLD 2       | <b>\$71</b> | \$32.77        |
| INDIVIDUAL        | <b>\$48</b> | \$22.15        |
| SENIOR COUPLE     | <b>\$58</b> | \$26.77        |
| SENIOR INDIVIDUAL | <b>\$38</b> | \$17.54        |
| YOUNG ADULT       | <b>\$38</b> | \$17.54        |



## FITNESS CENTER MEMBERSHIPS

### City of Fort Worth Community Centers that offer Fitness Memberships

There are three tiers of memberships (Gold, Silver and Bronze) based on the size of the fitness room and the number of pieces of equipment. Employee memberships must be purchased at your local community center (bring City ID). Membership includes the price of an annual community center membership.

**GOLD:** Allows access to Gold, Silver & Bronze  
**Employee:** \$14/mo. (\$110/yr.); **Senior (60+):** \$18/mo. (\$140/yr.)

#### Chisholm Trail Community Center

4936 McPherson Blvd., Fort Worth, TX 76123  
 817-392-8070

#### Victory Forest Community Center

3427 Hemphill St., Fort Worth, TX 76110  
 817-392-8200

#### Handley Meadowbrook Community Center

6201 Beaty St., Fort Worth, TX 76112  
 817-392-2830

**SILVER:** Allows access to Silver & Bronze  
**Employee:** \$8/mo. (\$65/yr.); **Senior (60+):** \$10/mo. (\$80/yr.)

#### Eugene McCray Community Center

4932 Wilbarger St., Fort Worth, TX 76119  
 817-392-7146

#### Greenbriar Community Center

5200 Hemphill St., Fort Worth, TX 76115  
 817-392-6270

#### Highland Hills Community Center

1600 Glasgow Rd., Fort Worth, TX 76134  
 817-392-2580

#### Hillside Community Center

1201 E. Maddox Ave., Fort Worth, TX 76104  
 817-392-7660

**BRONZE:** Allows access to Bronze  
**Employee:** \$5/mo. (\$43/yr.); **Senior (60+):** \$6/mo. (\$50/yr.):

#### Como Community Center

4660 Horne St., Fort Worth, TX 76107  
 817-871-5030

#### Fire Station Community Center

1601 Lipscomb St., Fort Worth, TX 76104  
 817-392-2240

#### R.D. Evans Community Center

3242 Lackland Rd., Fort Worth, TX 76116  
 817-392-7400

#### Riverside Community Center

3700 E. Belknap St., Fort Worth, TX 76111  
 817-392-7640

#### Southwest Community Center

6300 Welch Ave., Fort Worth, TX 76133  
 817-392-7613

#### Sycamore Community Center

2525 Rosedale St., Fort Worth, TX 76105  
 817-392-7650

#### Thomas Place Community Center

4237 Lafayette Ave., Fort Worth, TX 76107  
 817-392-7427

## RESOURCES FOR LIVING<sup>SM</sup> 1-866-611-2826

### Employee Assistance Program (EAP)

Resources For Living<sup>SM</sup> is an employer-sponsored, employee-assistance program available at no cost to you and all members of your household. That includes dependent children up to age 26, whether or not they live at home. Services are confidential and available 24 hours a day, 7 days a week.

#### Counseling and Relationship Support

Face-to-Face and Online/Televideo

##### Face-to-Face:

Call our dedicated staff 24 hours a day. You can also talk to licensed behavioral health professionals for emotional support.



*Up to 6 counseling sessions per issue with licensed network professionals at no cost to you (no deductibles or copays to worry about).*

- Counseling sessions are available face-to-face, by phone or via online/televideo (see below).
- Support, consultation and resources are available for a range of issues such as: helping you balance work and home life, family/relationship issues, depression, anxiety, conflict management, alcohol/substance abuse, stress management and more.

##### Online/Televideo:

If you have a webcam and Internet access, you may want to ask about online/televideo counseling in which you may meet with a counselor from the comfort of your own home via televideo — or even on the phone. Like face-to-face sessions, you and

your counselor can see each other and work on your goals. It's the next best thing to being in the same room but minus the drive time. Of course, you can still see a counselor in person. Your problems are unique and counseling should match that. Your provider can help you determine which option is a good fit for you.

With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out travel time and expense
- Skip the waiting room

#### Call for Help Anytime

When it comes to using your free EAP sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions.

You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving

#### Web-Based Resources

Our customized website offers a full range of tools and resources on behavioral health and work-life balance topics. Most sections of the website are available in Spanish. Website links include those for:

- Articles and self-assessments
- Access to work-life service providers
- Stress Resource Center
- Live webinars and on-demand library
- Mobile app
- myStrength – a “health club” for your mind

#### Work-Life Balance Services

Gain access to consultation, information and assistance with locating resources, such as those for:

- Care for older adults
- Caregiver support
- Special needs



### Legal Services

Obtain a ½-hour free consultation with a participating attorney for each new legal topic (each plan year) related to:

- General, family, criminal law
- Elder law and estate planning
- Divorce
- Wills and other document preparation
- Real estate transactions
- Mediation services

Receive a 25% discount off of fees for services beyond the initial consultation (excluding flat legal fees, contingency fees and plan mediator services). Services must be related to the employee or eligible household members. Employment law is excluded.

### Financial Services

Receive ½-hour free telephonic consultation for each new financial topic (each plan year) related to:

- Budgeting
- Retirement or other financial planning
- Mortgages and refinancing
- Credit and debt issues
- College funding
- Tax and IRS questions and preparation

Plus, get a 25% discount off tax-preparation services. Services must be for financial matters related to the employee and eligible household members.

### Identity Theft Services

One-hour fraud resolution phone consultation or coaching about ID theft prevention and credit restoration. Services include a free emergency kit for victims.

## BLUE ZONES PROJECT®

Blue Zones Project is a community-wide well-being improvement initiative to help make healthy choices easier for everyone in Fort Worth.

A vital part of Fort Worth's Healthiest City Initiative, Blue Zones Project encourages changes in our community that lead to healthier options. When our entire community participates – from our worksites and schools to our restaurants and grocery stores – the small changes contribute to huge benefits for all of us:

- Lowered health care costs
- Improved productivity
- A higher quality of life

### *City of Fort Worth - Blue Zones-Approved Worksites:*

Animal Care & Control Annex  
Business Assistance Center  
Bob Bolen Public Safety Complex  
Fort Worth Botanic Garden  
Central Library  
City Hall  
Como Community Center  
Diamond Hill Community Center  
East Regional Library  
Fire Alarm Offices  
Fire Station Community Center  
FWCC  
Gordon Swift Building  
Greenbriar Community Center  
Handley Meadowbrook Community Center  
HAWS Athletic Center  
Hazel Harvey Peace Center  
Highland Hills Community Center  
Hillside Community Center  
James Avenue Service Center

La Gran Plaza  
Martin Luther King Community Center  
Municipal Court – FW  
Municipal Court – SW  
Nature Center  
Northside Community Center  
North Tri-Ethnic Community Center  
Police Communications  
R.D. Evans Community Center  
Southside Service Center  
Southwest Community Center  
SW Regional Library  
Thomas Place Community Center  
TPW Construction Services Building  
Victory Forest Community Center  
Water – North Holly  
Water – Rolling Hills  
Water – Village Creek  
Water – Westside  
Will Rogers Memorial Center  
Zipper Building



# NOTES



# 2021 WELLNESS PROGRAM

## Healthy Challenge Wellness Program

The Healthy Challenge Wellness Program is a vital part of the City of Fort Worth's overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress or to improve your diet, the Healthy Challenge Wellness Program can help.



### Who can participate in the program?

Beginning 1/4/21, all employees hired before 6/1/21 and health plan-covered spouses are eligible to participate in the Health Assessment (HA), Tobacco Affidavit or Tobacco Journey (TOB) and Biometric Screening and can log onto the City of Fort Worth website to take part in all available wellness activities.