



WELLNESS
GUIDE | 2022

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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 or call us at 817-392-8556.



Your health insurance premium will increase by \$100/month if you do not complete these 3 things by 8/31/22.

To avoid paying an additional \$100 per month and earn your 2022 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 monthly payment and receive the incentive.



IMPORTANT PROVIDER CONTACTS



TYPE	RESOURCES	PHONE NUMBER	WEBSITE/EMAIL
Chronic Condition Support	2nd MD	866-537-1324	www.2nd.md/cfw
457 Deferred Compensation	TIAA	888-583-0291	www.tiaa.org/fortworth 
City of Fort Worth Employee Health Centers	Texas Health Physicians Group®	800-574-0606	www.fortworthemployeehealthcenter.com
Diabetes Support	Virta Health		www.virtahealth.com/cofw support@virtahealth.com 
Employee Assistance Program	Resources for Living	866-611-2826	www.resourcesforliving.com
Human Resources	Benefits Office	817-392-7782	www.fortworthtexas.gov/benefits
	Wellness Office	817-392-8556	benefits@fortworthtexas.gov
High Blood Pressure Support	Hello Heart	800-767-3471	join.helloheart.com/CFW3
Virtual Physical Therapy	Hinge Health	855-902-2777	www.hingehealth.com/for/fortworth1?
Musculoskeletal Care	Airrosti	800-404-6050	www.airrosti.com 
Personalized Health & Benefits Support	Accolade	833-909-2353	member.accolade.com 
Prescriptions	Optum RX	800-807-5996	www.optumrx.com 
Surgery Options	SurgeryPlus	855-200-9508	cfw.surgeryplus.com
Virtual Visits	Teladoc	800-835-2362	www.teladoc.com 
Weight Loss Support	Weight Watchers	866-204-2885	www.weightwatchers.com/us/cfw 
	Wondr Health		enroll.wondrhealth.com/start?s=CFW
Wellness Vendor	Virgin Pulse	888-671-9395	www.join.virginpulse.com/cfw 



2022 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 healthcare 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 1/4/22, all employees hired before 6/1/22 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.

For more information, you will find Virgin Pulse's privacy policies and membership agreement at the bottom of your Virgin Pulse home page or by contacting Virgin Pulse Member Services at 800-671-9395.

Virgin Pulse Requirements for Lower Insurance Premium and Incentive **DEADLINE: 8/31/2022**

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

To avoid paying an additional \$100 per month for your insurance premium and earn your 2022 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 8/31/22. **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, 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. The Health Assessment acts as a gatekeeper for the incentive. Without this activity completed, you will not receive credit for the other requirements.

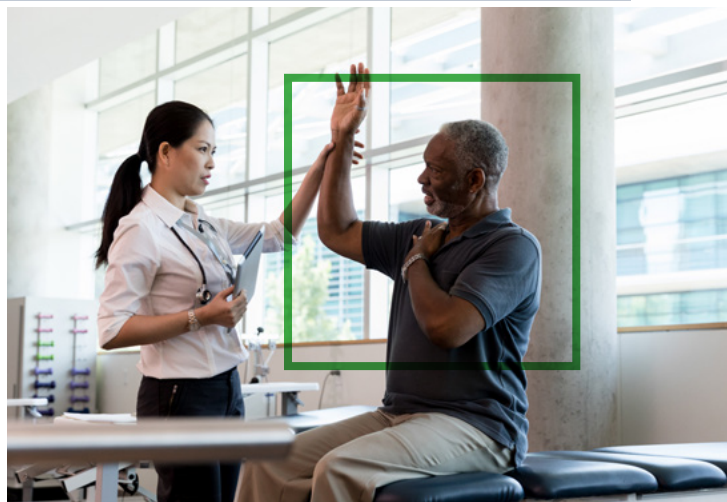
2. Tobacco Affidavit or Being Tobacco Free Journey (TOB)

If you are not a tobacco user, you will simply check the attestation form indicating you are a Non-User. If you are a tobacco user, you will need to complete the TOB.

3. Biometric Screening Form (BSF)*

You will need to schedule your annual physical with your physician and take the Biometric Screening Form (BSF), which must be printed from your own account, to your appointment. Once you have registered at join.virginpulse.com/cfw, you will download a copy of the BSF on the Benefits 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 888-737-7931.

***IMPORTANT NOTE:** Your BSF must be submitted by 8/31/22. No late submissions will be accepted. This means that your Biometric Screening should be scheduled no later than 8/26/22 to allow time for the blood work to be processed and the results returned to the physician to complete the BSF and submit it by 8/31/22. If blood work is done prior to the screening appointment, the screening is completed on 8/31/22, and the BSF is submitted by 8/31/22, this should not be an issue.



HOW TO REGISTER

Visit join.virginpulse.com/cfw to login 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 plan, 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, 1:00 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 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 Biometric 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 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.

Download the App



Apple



Android

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 they must be active at the time of award (2nd pay period in January 2023).

Download the App



Apple



Android

DEADLINE (to earn points for the cash payout)

12/15/2022

REQUIREMENTS TO BE ELIGIBLE:

(Employees only and must have completed requirements by August 31)

- Complete the Health Assessment **questionnaire**
- Complete a Biometric Screening
- Complete Nicotine-Free Agreement
OR one (1) Being Tobacco Free Journey (TOB)
- Complete at least one (1) Preventive Screening via My Care Checklist on your wellness portal

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.**

Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to 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 incentive reward! **Note:** Only employees are eligible for the cash payout.



DO
Healthy Things



EARN
Points

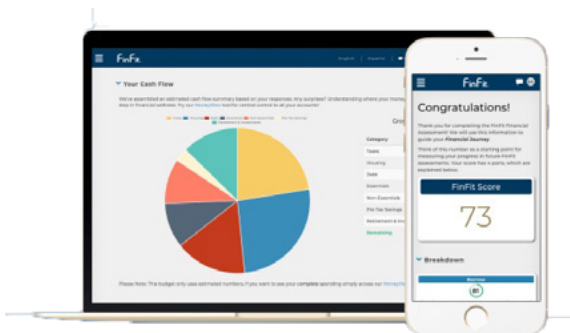


CELEBRATE
Success

	Level 1	Level 2	Level 3	Level 4
Points	5,000	15,000	25,000	40,000
Rewards	Level 1 Complete	\$150 achieved	\$200 achieved	\$250 achieved
	Do Healthy Things			Points Earned
Weekly	Complete a FinFit video or article			50
Monthly	Track Healthy Habits 20 days in a month			300
Programs	Wondr Health 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
One-Time	Complete Registration	100
	Complete First Login to the Mobile App	250
Daily	Complete 15 Active Minutes in a Day	70
	Complete 30 Active Minutes in a Day	100
	Complete 5,000 Steps in a Day	50
	Complete a Whil session	20
Weekly	Complete a Whil program	50
Monthly	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
	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 a Coaching Appointment	250
	Complete 10 Whil sessions in a month	100
	Complete 20 Whil sessions in a month	200
Annually	Complete an Annual Event	250
	Complete an Annual Walk/Run	250
	Complete the FinFit Financial Wellness Assessment	250
Programs	Complete Wondr Health	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 Certified 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 Session?

Your Health Coach is an experienced, certified Virgin Pulse Health Professional who will support you in behavior and lifestyle modifications as well as conditioning. 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 in-app messaging on 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?

On the wellness portal, navigate to

HEALTH > COACHING

For the initial session, you will select a topic of interest. You can adjust topics with your coach during your session and for any additional sessions.

After a Coaching topic has been selected, you will be prompted to:

1. Select **Date**;
2. Select **Time Frame**;
3. Enter your **Phone Number**;
4. Click the **Confirm Appointment** button.





HEALTHY CHALLENGE WELLNESS PROGRAM OBESITY TREATMENT

TREATMENTS/4 OPTIONS

Level One Treatment – Virgin Pulse Health Coaching

(*Available to all employees, regardless of coverage. Also available to pre-65 retirees and spouses on the health plan.)

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 – Wondr Health & 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.

Wondr Health –

Treatment involves three phases:

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

Wondr 2022				
Quarter	Q1	Q2	Q3	Q4
Enrollment Dates	Jan. 3rd - 16th	April 4th - 17th	June 20th - July 3rd	Aug. 15th - 28th
Class Start Dates	Monday, Jan 31st	Monday, May 2nd	Monday, July 18th	Monday, Sept. 12th

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

Delivery is online with groups of participants meeting weekly to learn and discuss additional strategies for weight control. Each session lasts one hour 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. Click to chat with coach ongoing

Level Three Treatment – OptumRX

(*Only available to Health 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 HCP members; Waive deductible and 5% coinsurance for 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 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. Post-op 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

1. **Oral medication, noninsulin 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. **This benefit is currently being covered at 100%** therefore the cost of Virta is free for all benefits-enrolled employees, retirees, and dependents with type 2 diabetes or prediabetes.



BLOOD DRIVE - 2022

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 17, April 21, June 23, August 18, October 20, & December 15

- 8:30 a.m. - 4:30 p.m. **1** City Hall (south end outside) - **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)**
- 1:30 p.m. - 4:30 p.m. **7** Northside Service Center

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 Blood Care Center, please use Sponsor Number: SPON033098

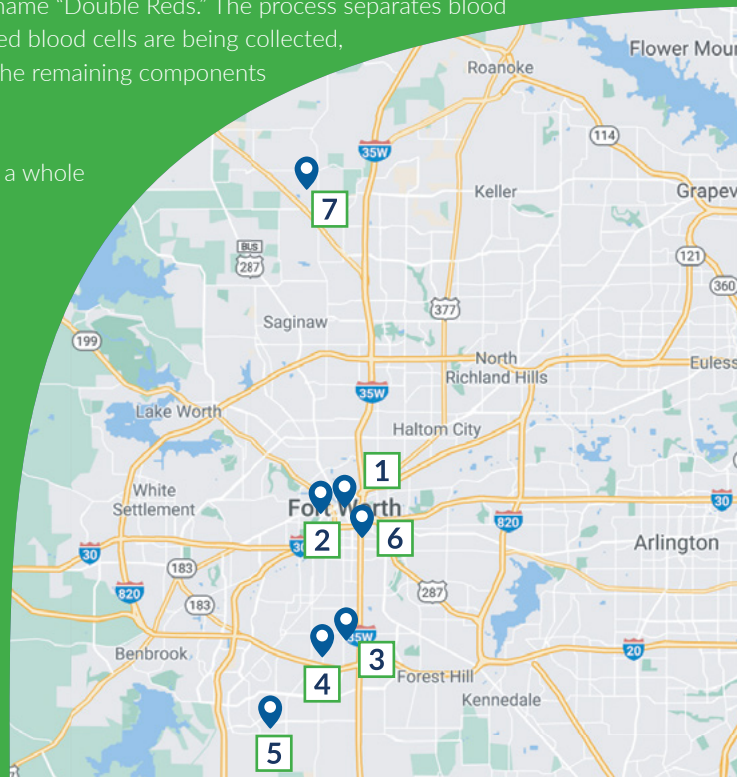
For more information, email the Wellness Office at wellnessprogram@fortworthtexas.gov.

GIVE BLOOD

Earn 1 Hour of Vacation



*Self-Report Donation for
points for the Healthy
Challenge Cash Payout*



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 January 1, 2022.



Anytime Fitness

Contact Ann Mannon at 817-207-0900
or visit 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

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 Kevin Ebbs at 972-580-7528
or Kebbs.LAF@outlook.com

LOCATION:
ENROLLMENT FEE:
MONTHLY FEE:

Multiple locations in DFW
\$25
\$29.99, plus tax



CERA (formerly LMRA)

Contact Crissy Carter at 817-732-7731,
ext. 123, or Visit www.cera-fw.org

LOCATION:
ENROLLMENT FEE:
MONTHLY FEE:

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



Vigor Active

Visit 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

LOCATION:
ENROLLMENT FEE:
MONTHLY FEE:

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



YMCA

Contact Elva Sandoval at 817-566-1040
or esandoval@ymcafw.org

LOCATION:
ENROLLMENT FEE:

Multiple locations in DFW
None

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

MEMBERSHIP	PER MONTH	PER PAY PERIOD
HOUSEHOLD 1	\$77	\$35.54
HOUSEHOLD 2	\$71	\$32.77
INDIVIDUAL	\$48	\$22.15
SENIOR COUPLE	\$58	\$26.77
SENIOR INDIVIDUAL	\$38	\$17.54
YOUNG ADULT	\$38	\$17.54



FITNESS CENTER MEMBERSHIPS

City of Fort Worth Community Centers that offer Fitness Memberships

There are three tiers of membership (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 E. 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 LIVINGSM 866-611-2826

Employee Assistance Program (EAP)

Resources For LivingSM 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 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, and 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 Project -Approved Worksites:

Animal 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
Southwest 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



BLUE ZONES PROJECT®

WELLNESS HEALTHY HABITS CLASSES

Take Advantage & Up Your Wellness

These fitness and lifestyle classes are offered by the Healthy Challenge Wellness Program to all employees, retirees, and spouses at no cost. Participation will also earn points toward the Healthy Challenge Cash Payout. Check the Roundup for class schedules. For more information, email wellnessprogram@forworhtexas.gov.



FIT CAMP

This boot camp is designed for all ages and fitness levels and focuses on maximum calorie burn in a short amount of time. The emphasis of this class is to get you fit and healthy, challenge your mind, challenge your body, and most importantly, to make fitness fun.



FULL-BODY FITNESS

This is an all-level total-body workout class for individuals ready to challenge themselves using mostly body weight. This is a low-impact class that will build individuals' strength and fitness endurance.



TOTAL-BODY BLAST

This heart-pumping total-body workout is designed to challenge every aspect of your fitness. Using calisthenics, hand weights, sprints, and stair climbing, your fitness will advance to the next level.



YOGA

For those of all abilities and interests, this class places an emphasis on increasing awareness of wellness mechanics through various physical postures integrated with breathing and relaxation techniques.



ZUMBA

Zumba is a dance-aerobics class that fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy.



FINANCIAL-WELLNESS WORKSHOP

No matter your current income or expenses, with the right information and strategies, you can improve the way you manage your money so that you can create more financial security and a better financial future for yourself. The purpose of this training session is to give participants the information and strategies they need to achieve financial wellness, which in turn contributes to your physical wellness. The format is a one-hour group session that involves discussion, as well as hands-on exercises.

This class teaches a number of skills, including:

- How to achieve financial wellness
- Developing a financial plan
- Creating budget and savings strategies
- Credit cards, credit scores, and credit reports
- Dealing successfully with major life events affecting financial wellness

2022 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 1/4/22, all employees hired before 6/1/22 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.

