



ARE YOU  
WELL?

IT'S  
WELL  
WORTH  
IT



WELLNESS GUIDE 2020



**Your health insurance premium will increase by \$100/month if you do not complete these 3 things by 8/31/20.**

To avoid paying an additional \$100 per month and earn your 2021 insurance premium incentive, you must complete these three (3) tasks:

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

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 the City Hall Annex, 6th Floor. You may also visit [www.fortworthtexas.gov/wellness](http://www.fortworthtexas.gov/wellness) or call us at 817-392-2623.

# 2020 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 1/6/20, all employees hired before 6/1/20, and health plan-covered spouses, are eligible to participate in the Health Assessment (HA), Tobacco Affidavit or Tobacco Journey (TOB) and Physician Screening Form (PSF) 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: 8/31/2020

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

To avoid paying an additional \$100 per month and earn your 2021 insurance premium incentive, you must complete the Health Assessment (HA) questionnaire, the Tobacco Affidavit or Tobacco Journey (TOB), and the Physician Screening Form (PSF) after undergoing a Biometric Screening by 8/31/20. 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.

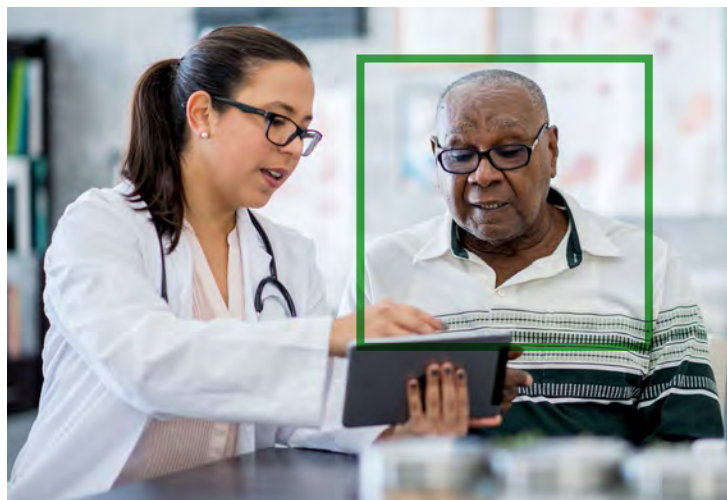
#### 2. Tobacco Affidavit or Tobacco Journey (TOB)

If you are not a tobacco user, you will simply check the attestation form indicating you are a Non-User. If you are a tobacco user, you will be directed to complete the Tobacco Journey, by following the prompts.

#### 3. Physician Screening Form (PSF)\*

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

**\*IMPORTANT NOTE:** Your PSF must be submitted by 8/31/20. No late submissions will be accepted. This means that your Biometric Screening should be scheduled no later than 8/26/20 to allow time for the blood work to be processed and results returned to the physician to complete the PSF and submit by 8/31/20. If blood work is done prior to the screening appointment, and the screening is completed on 8/31/20 and the PSF is submitted by 8/31/20, this should not be an issue.



### HOW TO REGISTER

Visit [join.virginpulse.com/cfw](https://join.virginpulse.com/cfw) to login and register with Virgin Pulse. Just follow the prompts to register as a new user. If your spouse is on the city's health insurance, both of you will have a separate account, so each of you will register. Employees/Retirees will use their 6-digit Employee ID#, and Spouses will use that Employee ID# with "S" at the end. (Example: Employee/Retiree: 123456; Spouse: 123456S)

### 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](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.

### DEADLINE (for cash payout)

# 12/15/2020

#### PROGRAMS

- Real Appeal
- Naturally Slim
- Weight Watchers

#### KNOW YOUR NUMBERS

- Complete the Health Assessment
- Complete a Biometric Screening

#### AVOID TOBACCO SURCHARGE

- Complete Nicotine-Free Agreement OR
- Complete a Tobacco Journey

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.

### GENDER-SPECIFIC PREVENTATIVE SCREENING RECOMMENDATIONS

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

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

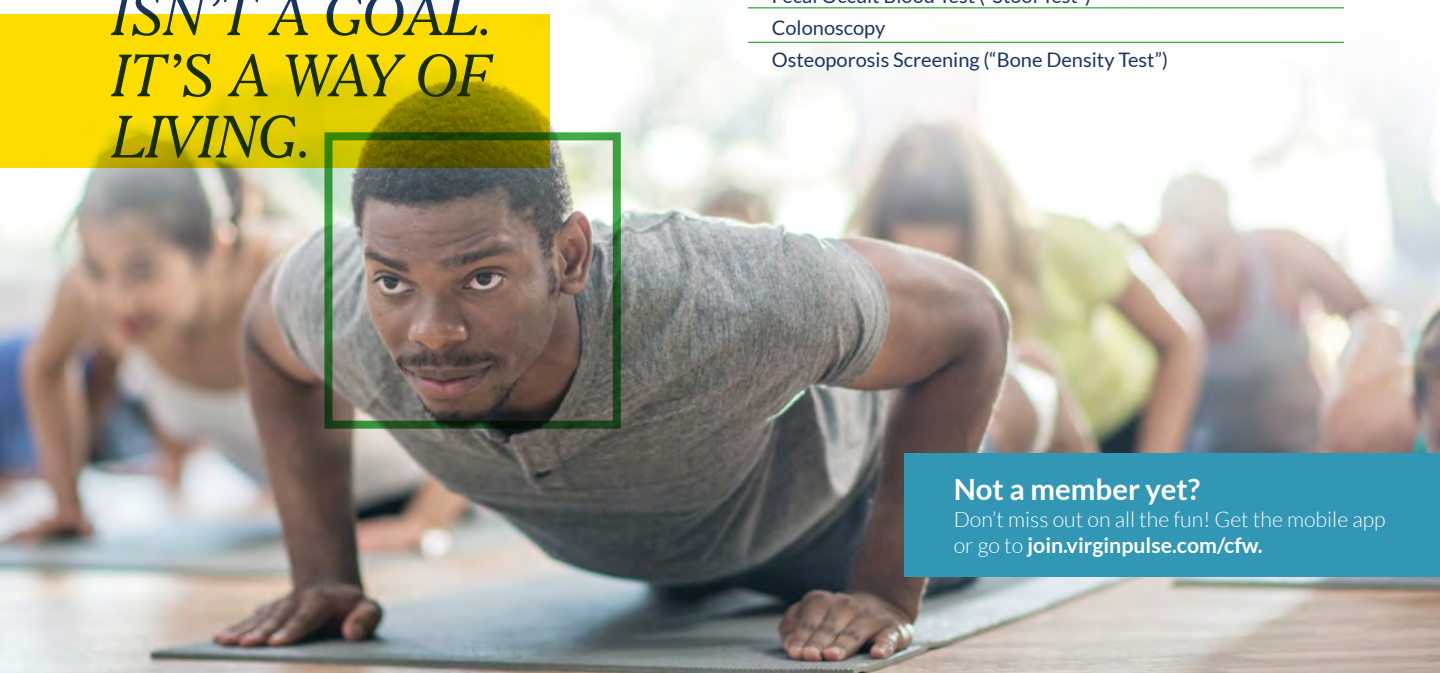
#### FEMALES (Must complete any 1 of the following)

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")

*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](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 <b>1</b>	Level <b>2</b>	Level <b>3</b>	Level <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 1			500
<b>Programs</b>	Complete Naturally Slim, Real Appeal 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 Biometric Screening before July 1	500
<b>Programs</b>	Complete Real Appeal	500
	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 Session?

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)** homepage.

- 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.



## 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, call the Healthy Challenge Wellness office at 817-392-2623.



#### **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



**GET  
CAUGHT  
DOING  
SOMETHING  
HEALTHY!**

## HEALTHY CHALLENGE WELLNESS INCENTIVE PROGRAM

The Healthy Challenge Wellness 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 817-392-2623.



# YOUR ONSITE NURSE LIAISON

*Amy de la Cruz, RN, M.Ed., CDE*

Amy is an RN and a Certified Diabetes Educator (CDE) with UnitedHealthcare. Her work experience includes wellness, behavioral health, training and disease management. Prior to accepting this position, Amy served as a nurse liaison in another location. She received her B.A. in Psychology and her Master of Health Education from the University of Texas at Austin. Amy obtained her nursing degree from Austin Community College.

## How can a Nurse Liaison help me?

Amy is available to meet with you to discuss any lifestyle behaviors you may want to improve such as weight loss, nutrition counseling and prevention and disease management. Amy can help you create and achieve personal health goals. In addition, she can help answer health or medication questions and potentially save you out-of-pocket money on health-related costs.

## Will my personal information that I share with my Nurse Liaison be protected?

Yes, all of your personal health information will be protected in accordance with the Health Insurance Portability and Accountability Act (HIPAA). None of your personal information will be shared with your employer.

## What else does my Nurse Liaison do?

### Your onsite Nurse Liaison will:

- Engage employees to make better health care decisions
- Teach employees how to navigate UnitedHealthcare wellness tools and resources
- Provide coaching and support for individuals and groups
- Provide referrals to clinical and community programs
- Offer noninvasive health screenings and health education
- Plan, design, implement and evaluate workplace wellness programs

## Contact your Nurse Liaison

Telephone: Office 817- 392-2668

Email: amy.delacruz@fortworthtexas.gov

Office Address: City Hall Annex, 908 Monroe St, 6th Floor, Wellness Office





## HEALTHY CHALLENGE WELLNESS PROGRAM OBESITY TREATMENT PROGRAM

### TREATMENTS/4 OPTIONS

#### Level One Treatment –

##### **WW@W, Virgin Pulse Health Coaching**

(\*Available to all employees)

#### **Weight Watchers @ Work (WW@W) –**

Small groups of participants meet weekly to learn and discuss additional strategies for weight control. Each session lasts 60 minutes and features topical discussions, one on nutritional information, and another on a behavioral or physical activity topic. A “progress review” is also carried out for each patient in the group and each patient is weighed.

1. Cost: Onsite meetings + Online = \$156 per member/12-week series (member paid)
2. Reimbursement: 100%, if complete 80% of classes per series (Reimbursement for health plan members only).

#### **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 & Real Appeal**

(\*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

#### **Real Appeal –**

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 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 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
6. App available for smartphone and tablet
7. Device integration with FitBit, Jawbone & Apple
8. Program duration is one year

#### 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. 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. Free, six months Diabetes supplies (Meters, strips, lancets) distributed at THR Health Centers (3 main sites),** with a scheduled Diabetes Checkup appointment. Checkup is free to Health Center (HCP) members and \$60 for Consumer Choice (CCP) members.
- 2. Oral medications, non-insulin injectable, insulin and meters,** covered thru OptumRX at 100%, no copay for both plans. Syringes, pen needles, strips, and lancets covered thru OptumRX at 100%, no copay for HCP; waive deductible and 5% coinsurance for CCP.
- 3. DME (Insulin pump, continuous monitor and supplies)** through UHC at 100%, no copay for HCP; deductible applies and 5% coinsurance for CCP.
- 4. Certified Diabetes Educator** Consultations on medications, testing and nutrition are free for HCP and \$60 for CCP.



# BLOOD DRIVE - 2020

## 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

- |                      |          |   |
|----------------------|----------|---|
| 7:30 a.m.-4:30 p.m.  | <b>1</b> | City Hall (south end) - Double Reds (Available)       |
| 7:30 a.m.-10:30 a.m. | <b>2</b> | Water Field Operations                                |
| 8:00 a.m.-2:00 p.m.  | <b>3</b> | Bob Bolen Municipal Complex - Double Reds (Available) |
| 11:15 a.m.-3:45 p.m. | <b>4</b> | James Avenue Service Center                           |
| 6:30 a.m.-9:30 a.m.  | <b>5</b> | Southside Service Center                              |
| 12:30 p.m.-3:30 p.m. | <b>6</b> | Hazel Harvey Peace Center - Double Reds (Available)   |

### 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**

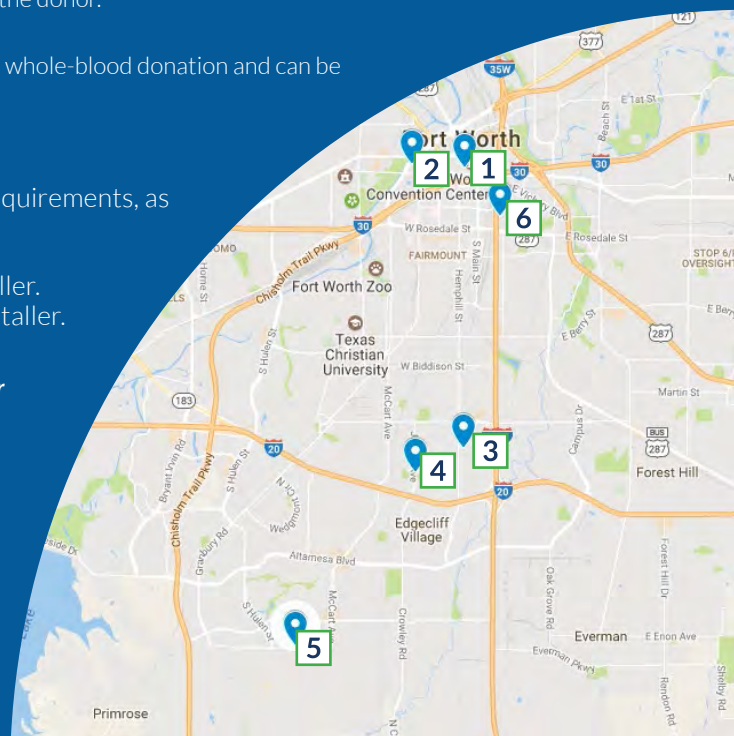
For more information, call the Wellness Office at 817-392-2623.

# GIVE BLOOD

*Earn 1 Hour of Vacation*

## +

*Points for the  
Healthy Challenge  
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 Jan. 1, 2020.



#### 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 Kevin Ebbs at 972-580-7528  
or [Kebbs.LAF@outlook.com](mailto: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](http://www.cera-fw.org)

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

3300 Bryant Irvin Rd., Fort Worth  
None  
**\$35** per individual  
**\$45** for an individual (60+)  
**\$56** for a family of 2  
**\$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  
**\$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](mailto:esandoval@ymcafw.org)

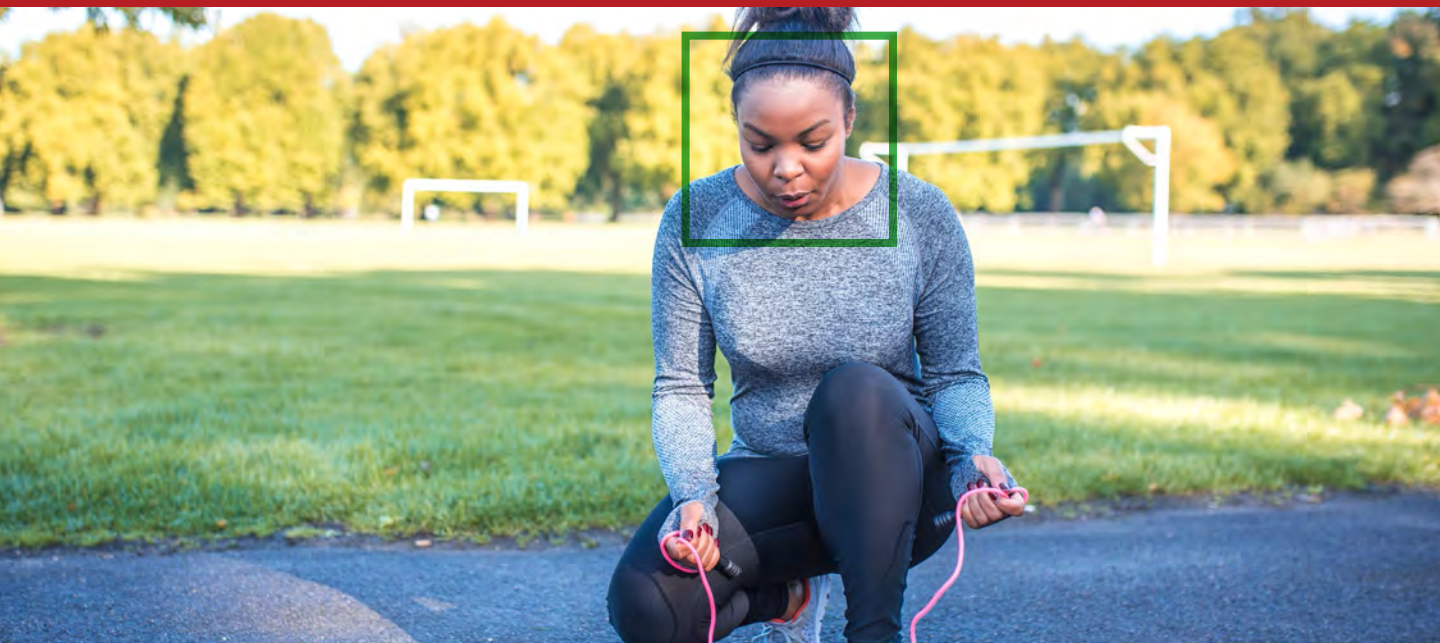
**LOCATION:**  
**ENROLLMENT FEE:**

Multiple locations in DFW  
None

Members can refer a friend to join, and when they join, the current member and their friend will both receive **20% OFF** the membership fees with the **Together 20 Program**.

	Individual		Family	
FEE TYPE	PER MONTH	PER PAY PERIOD	PER MONTH	PER PAY PERIOD
BRANCH	<b>\$41</b>	\$18.92	<b>\$67</b>	\$30.92
TOGETHER 20	<b>\$33</b>	\$15.23	<b>\$54</b>	\$24.92
VALUE	<b>\$48</b>	\$22.15	<b>\$77</b>	\$35.54
TOGETHER 20	<b>\$38</b>	\$17.54	<b>\$62</b>	\$28.62
PLUS	<b>\$55</b>	\$25.38	<b>\$88</b>	\$40.62
TOGETHER 20	<b>\$44</b>	\$20.31	<b>\$70</b>	\$32.31





## FITNESS CENTER MEMBERSHIPS

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

There are two tiers of membership rates based on the size of the fitness room and the number of pieces of equipment.

#### TIER 1:

##### **Riverside Community Center**

3700 E. Belknap St., Fort Worth, TX 76111

Center Membership: \$15 per Year (\*must have Center Membership for Fitness Membership)

Fitness Membership: \$5 per Month or \$45 per Year

Contact David Keith @ 817-392-7640 or email: [riversidecc@fortworthtexas.gov](mailto:riversidecc@fortworthtexas.gov)

##### **Eugene McCray Community Center**

4932 Wilbarger St., Fort Worth, TX 76119

Center Membership: \$15 per Year (\*must have Center Membership for Fitness Membership)

Fitness Membership: \$5 per Month or \$45 per Year

Contact Jerin Smith @ 817-392-7146 or email: [eugenemccraycc@fortworthtexas.gov](mailto:eugenemccraycc@fortworthtexas.gov)

#### TIER 2:

##### **Chisholm Trail Community Center**

4936 McPherson Blvd., Fort Worth, TX 76123

Center Membership: \$15 per Year (\*must have Center Membership for Fitness Membership)

Fitness Membership: \$12 per Month or \$90 per Year

Contact Sharetta Goodwin @ 817-392-8070 or email: [chisholmtrailcc@fortworthtexas.gov](mailto:chisholmtrailcc@fortworthtexas.gov)

##### **Victory Forest Community Center**

3427 Hemphill St., Fort Worth, TX 76110

Center Membership: \$15 per Year (\*must have Center Membership for Fitness Membership)

Fitness Membership: \$12 per Month or \$90 per Year

Contact Peggy McCoy @ 817-392-8200 or email: [victoryforestcc@fortworthtexas.gov](mailto:victoryforestcc@fortworthtexas.gov)

##### **Handley Meadowbrook Community Center**

6201 Beaty St., Fort Worth, TX 76112

Center Membership: \$15 per Year (\*must have Center Membership for Fitness Membership)

Fitness Membership: \$12 per Month or \$90 per Year

Contact Jerry Wallace @ 817-392-2830 or email: [handleymeadowbrookcc@fortworthtexas.gov](mailto:handleymeadowbrookcc@fortworthtexas.gov)

## 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 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 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  
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  
North Tri-Ethnic Community Center  
Police Communications  
R.D. Evans Community Center  
Southside Service Center  
SW Regional Library  
TPW Construction Services Building  
Water – North Holly  
Water – Rolling Hills  
Water – Village Creek  
Water – Westside  
Will Rogers Memorial Center  
Zipper Building



# 2020 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.



ARE YOU  
WELL?

IT'S  
WELL  
WORTH  
IT



## Who can participate in the program?

Beginning 1/6/20, all employees hired before 6/1/20 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.

