

# 2023-2024 City of Portland Employee Wellness Program

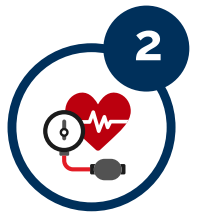
Without good health, you cannot be your best self at home, at play, or at work. That's why we're investing in you with the City of Portland Employee Wellness Program.

See below for 2023-2023 criteria and Wellness Program updates!



## 1 Register or log onto your Wellness Portal

Start by visiting [cityofportland.wellnessworkdays.com](https://cityofportland.wellnessworkdays.com) or scan the QR code to register or log on to access everything the wellness program has to offer. You do not need to re-register if you participated in the program last year.



## 2 Complete a Biometric Screening

Attend a scheduled screening event at one of the city locations or visit your healthcare provider and submit your results to your Health Coach. See details on page 2.

**NEW:** You must now submit biometric measurements from your provider or attend a screening event to earn the full insurance premium discount.



## 3 Participate in additional wellness activities

Complete your choice of wellness activities on or before **May 31st, 2024**. Each activity earns you an **insurance premium discount**. Complete at least four, along with a biometric screening, to achieve the full discounted insurance premium! See page 2 for more details on the available activities.



## 4 Celebrate!

In addition to the opportunity to participate in diverse **wellness programming and free health coaching**, you can **save up to \$1,557.24 for the year** on your health insurance premium! Full-time employees who earn the full discount will pay **\$0** out of pocket for employee-only coverage!

### Returning Users:

1. Visit [cityofportland.wellnessworkdays.com](https://cityofportland.wellnessworkdays.com)
2. Enter **cityofportland** (one word, no spaces) in the Company field
3. Enter your Member ID, which is your **5-digit employee ID number**
4. Enter your password, then log in!

#### Privacy & Security

Your wellness portal is encrypted & firewall-protected so your information is secure. No personal health information will ever be shared with your employer!

### New Users:

1. Visit [cityofportland.wellnessworkdays.com](https://cityofportland.wellnessworkdays.com)
2. Scroll down to **NEW USERS** and click **REGISTER**, then click **ACCEPT** at the bottom of the privacy notices
3. Enter **cityofportland** (one word, no spaces) in the Company field
4. Enter your Member ID, which is your **5-digit employee ID number**
5. Enter your date of birth and preferred email
6. Click **REGISTER**
7. Create a password, then log in!

Questions? Contact your Health Coach, Faye | [fflesher@omcwellness.com](mailto:fflesher@omcwellness.com)  
For portal and technical questions contact [support@wellnessworkdays.com](mailto:support@wellnessworkdays.com)

# Participate in Wellness



## Complete a Biometric Screening

You must complete a biometric screening to earn the full annual health insurance premium discount regardless of how many wellness activities you complete.

- **Option 1**- Attend a screening event. Biometric appointments are approximately 15 minutes long. Your health coach will check your weight, blood pressure, and waist circumference and do a finger stick to check your cholesterol and A1C. Your results will be explained at your appointment.
- **Option 2** - Complete a screening with your provider and submit a completed Healthcare Provider Biometric Form (in the Resources section on the wellness portal) to your Health Coach via the Message Your Health Coach function.



Scan QR Code  
to sign up for  
a screening



## Complete Four Additional Wellness Activities

Each activity is worth up to \$311.45 in annual savings!

### Meet with a Health Coach 3 Times

Behavior change happens with accountability, support, and consistency. Your health coaches are here to help you every step of the way! Complete 3 health coaching sessions by May 31st, 2024 to check off this activity.

### Preventative Exams

Provide proof of your completed preventative exam, such as an annual physical, eye exam, or dental exam by uploading a confirmation or receipt of your appointment within the "Preventative Exam" activity in the Wellness Activities section on your wellness portal.

### Wellness Score Card

Complete this 15-minute questionnaire on your wellness portal anytime on or before May 31st, 2024 to learn more about your health.

### Multi-Week Wellness Programs and Challenges (Earn credit for up to two activities)

Complete any of the multi-week programs offered this plan year. Visit your portal for more information. **You may earn credit for up to two of these activities during the plan year.**

### Complete a Tracker on your Wellness Portal (Earn credit for up to two activities)

Achieve your health and wellness goals by completing a tracker on your wellness portal anytime before May 31st, 2024. Visit the Trackers section of your portal and choose from physical activity, sleep, stress & resilience, or reading trackers. **You may earn credit for up to two of these activities during the plan year.**

### Group Health Coaching

Participate in at least one of the Group Health Coaching Programs offered virtually this plan year. These 4-week sessions will include education & peer discussion facilitated by your Health Coach.

**You may earn credit for one of these sessions during the plan year.**