

**WellPoints** is the wellness incentive program for City employees enrolled in a City sponsored health plan. By participating in WellPoints, you will help lower your 2016 medical plan premium and earn extra cash toward your HRA. To earn a reduced medical premium for 2016, you must earn a **minimum of 250 wellness points**.

**To participate, you must be enrolled in a City sponsored health plan.**

**Active employees may earn WellPoints for the 2016 benefits year  
starting October 1, 2014, and ending August 31, 2015.**

**Please use the program guide on the following page to determine how to earn wellness points.**

For more information: City of Dallas  
Human Resources Department  
Benefits Service Center  
1500 Marilla Street, Room 1D-South  
Dallas, Texas 75201  
Phone: (855) 656-9114  
Email: [wellness@dallascityhall.com](mailto:wellness@dallascityhall.com)  
Web: [www.cityofdallasbenefits.org](http://www.cityofdallasbenefits.org)

### **Wellness Program Disclosure**

If it is unreasonably difficult for you to achieve the standards for a reward under the wellness program due to a medical condition, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, call the Benefits Service Center at (855) 656-9114, and we will work with you to develop another way to qualify for the reward.

# How To Earn WellPoints

## Goal: 250 Points

**WellPoints Period: October 1, 2014 - August 31, 2015**

To participate in WellPoints, you must complete the Engagement category, which is worth 150 points. Earn the remaining points by participating in some of the activities listed under options one through three.

### ENGAGEMENT (REQUIRED)

To participate in WellPoints, you must complete the following two Engagement activities:

- Annual Physical Exam\* (100 Points)
  - Includes BMI, Blood Pressure, Fasting LDL & Fasting Glucose
- MyUHC Online Health Assessment\* (50 Points)

\*REQUIRED

### OPTION 1

#### Biometric Target

- Biometric Screening Targets (Max: 100 Points)
  - Earn points for meeting biometric targets
  - Targets: BMI (Less than 30); Blood Pressure (Systolic: Less than 140; Diastolic: Less than 90); Fasting LDL (Less than 130); and Fasting Glucose (Less than 100)

0-1 Targets = 0 Points  
 2 Targets = 50 Points  
 3 Targets = 75 Points  
 4 Targets = 100 Points

### OPTION 2

#### Take Action (Max: 100 Points)

- Each program worth 100 points
- Two Options: Disease Management and YMCA Diabetes Prevention
  - Disease Management Program
    - ◆ Four Program Options: Asthma, Diabetes, Coronary Artery Disease, and Heart Failure
    - ◆ Eligible Participants will Receive and Outreach Call from a UnitedHealthcare Nurse
  - YMCA Diabetes Prevention Program

#### Behavior Change (Max: 50 Points)

- Each activity worth 25 points
- Activities include: Boot Camp, Weight Loss Program, WellAware-sponsored Fitness Activities, Gym/Fitness Center Participation and Community Races

#### Bonus Activities (Max: 50 Points)

- Each educational activity 10 points and physical activities worth 20 points
- Each activity worth:
  - Learning Seminar - 10 points
  - Physical Activity over 1 mile - 20 points
- Activities include: City of Dallas Department-sponsored activities (e.g. Walks, Health Fairs & Fitness Activities)

### OPTION 3

You may also participate in the following reasonable alternatives:

#### Online Coaching (Max: 50 Points)

- Each program worth 25 points
- Participate in up to **two** programs
- Go to **www.myuhc.com** for online coaching program information

#### Education (Max: 50 Points)

- Each program worth 10 points
- Participate in up to **five** programs
- Activities include WellAware Health Fair & learning/health seminars hosted or sponsored by WellAware

## Annual Physical Exam Verification Biometric Target Screening Verification

### Instructions for Physicians and Employees

This form is to be used by eligible City of Dallas employees (full- or part-time) who would like to submit their Annual Physical Exam or Biometric Target Screening results to the Benefits Service Center as part of their participation in the WellPoints Employee Wellness Incentive Program.

For the Biometric Target Screening, the following measures must be collected and reported via a physician:

- Blood Pressure
- Body Mass Index (BMI)
- Fasting LDL Cholesterol
- Fasting Glucose (Blood Sugar)

**The employee must submit results to the Benefits Service Center no later than August 31, 2015.**

### Instructions for Physician

Complete Section 2 of the form (if applicable).

Complete Section 3 for the form and return it to the patient (employee) for submission

### Instructions for Employees

Complete Section 1 of the form—including signature—and present the form to your physician at your medical appointment. Instruct the physician to complete the required information. You must submit the completed form directly to the Benefits Service Center by mail, in person or via secure fax.

**Benefits Service Center  
Dallas City Hall  
1500 Marilla Street, Room 1DS  
Dallas, TX 75201  
Phone: (855) 656-9114  
Secure Fax: (214) 659-7098  
Hours: 8:15 a.m. to 5:15 p.m. (Monday thru Friday)**

### Employee Reminders

- The Benefits Service Center has provided multiple delivery options for your results
- Please mail, fax or hand-deliver the results to the address provided
- **Submit all results by August 31, 2015**

WellAware



Your Health Matters

City of Dallas Employee Wellness Program



## Annual Physical Exam Verification Biometric Target Screening Verification

### SECTION 1: PHYSICIAN INSTRUCTIONS

Dear Physician:

The City of Dallas has initiated a new wellness incentive program called WellPoints. As a WellPoints participant, an employee may receive incentives through maintaining a healthy lifestyle. One of the measures required to participate in WellPoints is the completion of an annual physical exam.

Employees earn wellness points for meeting the following biometric targets:

| Biometric Target Screening Values<br>Key Measures & Targets |   |
|---|---|
| <b>Body Mass Index (BMI)</b><br>Less Than 30                | <b>Blood Pressure</b><br>Systolic: Less Than 140<br>Diastolic: Less Than 90 |
| <b>Fasting LDL Cholesterol</b><br>Less Than 130             | <b>Fasting Glucose (Blood Sugar)</b><br>Less Than 100                       |

**Physician:** Please complete Section 2. The employee must return the completed form to the City of Dallas Benefits Service Center upon your completion.

**Note:** If you believe the established target is contraindicated for the health of your patient, the patient may achieve the desired wellness points by participating in other programs such as learning seminars, health fairs and online coaching programs.

### SECTION 2: PATIENT INFORMATION (Patient: Complete this section. Please print.)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Employee ID: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PATIENT: This form must be submitted by August 31, 2015.**

### SECTION 3: PATIENT BIOMETRIC TARGETS ONLY

**Physician: Place your signature on the line next to the number of biometric targets the employee met.** Use the Biometric Target parameters listed in Section 1.

■ 0-1 Target Met \_\_\_\_\_ Exam Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

■ 2 Targets Met \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

■ 3 Targets Met \_\_\_\_\_

■ 4 Targets Met \_\_\_\_\_

### SECTION 4: ANNUAL PHYSICAL EXAM VERIFICATION ONLY

**Physician:** Your signature below confirms that the employee has received an annual physical exam.

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_