

## Wellness Rewards Program

### FREQUENTLY ASKED QUESTIONS

**Q:** What is the Wellness Rewards Program?

**A:** The Wellness Rewards Program allows eligible employees a financial reward for participating in the City's Wellness program.

**Q:** Why is the City of San José offering Wellness Rewards Program to its employees?

**A:** Employer-sponsored wellness programs can reduce escalating healthcare costs while improving the health, happiness, and overall quality of life of its participants. The City's Program is designed to increase self-awareness by helping you understand your current health status, to provide simple ways to either stay healthy or work to become healthier in collaboration with your Primary Care Physician (PCP), and to help you be a more informed medical consumer. The Wellness Rewards Program gives you the opportunity to earn up to a total of \$50.00 or fulfilling certain wellness requirements.

**Q:** How does the program work?

**A:** You can earn \$35 by participating in Basic Rewards Program.

- Choose your Primary Care Physician (PCP) and Dentist.
- Complete your annual preventative physical, dental and vision checkups, and biometrics.
- Monitor your cholesterol levels, weight, blood pressure, and glucose.

You can earn an additional \$15.00 by participating in the Enhanced Rewards Program.

- Complete all steps of the Basic Rewards Program.
- Use an alternative mode of transportation to get to work. **Working remotely will count as an alternative mode of transportation.**

**Q:** How will the City determine if I have fulfilled all requirements?

**A:** By signing the enrollment form you agree to fulfill the requirements for the Wellness Rewards Program.

**Q:** Am I eligible?

**A:** Eligible employees are full-time and part-time benefited City employees classified at 20 hours per week or more. Employees enrolled in health-in-lieu are not eligible to participate; unless, you are covered as a dependent of another CSJ employee. If you elect "waived" for the medical and dental plans, you are not eligible. Retired employees are not eligible to participate.

**Q:** When is the Wellness Rewards Program available?

**A:** The Wellness Rewards Program will be available beginning on January 1<sup>st</sup> and ends on September 30<sup>th</sup>, with the reward to be included in December.

**Q:** How do I enroll?

**A:** You can enroll in eWay during Open Enrollment or any time before September 30<sup>th</sup> by completing and submitting the Wellness Rewards Program Enrollment/Change Form which is available from the Human Resources Benefits website: [Wellness Rewards Form](#).



## **Wellness Rewards Program**

### **FREQUENTLY ASKED QUESTIONS**

**Q:** Can I participate in the Wellness Rewards Program anytime?

**A:** You can enroll, change, or cancel your participation in the Wellness Rewards Program at any time until September 30<sup>th</sup>. You can enroll during Open Enrollment anytime by submitting a Wellness Rewards Enrollment form to HR.

**Q:** Is there a fee to participate?

**A:** No, there is no fee to participate.

**Q:** When will I receive my rewards?

**A:** Your reward will be paid out in December.

**Q:** Will I have to pay taxes on the amount of my Rewards?

**A:** Yes, these amounts will be subject to tax withholdings.