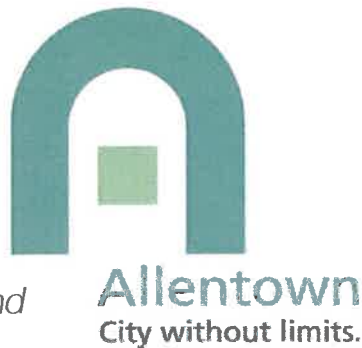


City of Allentown 2021 Wellness Program



City of Allentown cares about our employees and their families. We want you to be healthy for your benefit and for your family. That is the reason we have instituted numerous programs and activities focused on meeting your various health and wellness goals. City of Allentown's wellness program is a free wellness program for active full time police, fire and non-bargaining employees and their spouses who are currently enrolled in the City healthcare plan.

Submit your signed wellness completion form by December 1, 2021 to receive discounted or no premiums for the following year. The wellness program is available to active police, fire and non-bargaining employees and their spouses.



Participation Requirements:

Police Requirements: Mandatory physical plus 2 wellness activities.

Fire and Non-Bargaining

Requirements: Mandatory Teladoc registration plus 3 wellness activities.

Note: After this year, new hires will have mandatory Teladoc registration and meet 3 wellness activities.

Teladoc registration for all employees in this group must be completed in 2021.

Incentive Opportunities:

Participate in wellness activities and be entered to win great incentives such as gift cards, Echo Dots, Halo's, Fitbits, and more.

Register for the wellness program in the BeneFIT Online portal to be entered to win a \$100 Amazon gift card!

Please see reverse side for a full list of wellness activities.

Visit the BeneFIT Online wellness portal for more information and to track your progress:

www.BeneFITOnlineLogin.com

Company: COA

Member ID: Last 4 digits of your social security number followed by the first 2 letters of your first and last name.

(Example: Mike Smith 123-45-6789 would be **6789MiSm**)

BeneFIT[®]
Corporate Wellness

Questions? Call **1-800-955-6620, option 2.**

Wellness activities available in 2021:

- Annual Physical
- Flu Shot
- COVID-19 Vaccine
- Online Health Assessment (Capital Blue Website)
- Biometric Screening
- 2 Dental checkups in the same year
- Mammogram
- OB/GYN Annual
- Prostate Exam (PSA)
- Vision Exam
- Colorectal/Colonoscopy
- Dermatological Skin Cancer Screening
- Teladoc registration (Required - Credit is given 1x only - registration is 1x only)
- Participation in City sponsored wellness exhibits or classes

NEW to you this year:



Health Coaching

Unlimited and confidential telephonic coaching sessions with flexible hours convenient for you.



Health and Wellness Challenges

Participate in a challenge to help motivate and encourage yourself and your colleagues to meet health goals.



Live Speakers and Pre-Recorded Webinars

Whatever your goals, webinars and speaker presentations provide the additional education and support you need.



Weight Management Program

"Worth the Weight: Thinking Beyond Numbers on a Scale" is a weight management program that meets and honors you where you are and helps teach cognitive and behavioral skills that support long-term weight management.

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