



## Human Resources

Room 340  
411 West First Street  
Duluth, Minnesota 55802

218-730-5210  
hrinformation  
@duluthmn.gov

# Welcome to the Bridge to Wellness Wellbeing Program!

The purpose of this program is to encourage participation in activities, programs, lifestyle choices, and preventative care that will help us lead healthy lives.

Participation in the Wellness Program is completely voluntary and will not impact your health insurance nor your employment. The intent is purely to reward healthy behaviors and enhance your experience as an employee. This is a FREE program for you to participate in to receive an extra bonus for making healthy choices!

### How will this work?

As an active employee of the City of Duluth, DECC, DAA or HRA, who is actively enrolled in our health insurance plan (or benefits-eligible), you have the opportunity to earn points throughout the year by participating in preventative care for yourself, in programs and/or activities provided by the wellness program, and leading a healthy lifestyle. You can accumulate points throughout the program year and the only requirement is to complete your annual physical with your physician (an easy 100 points!) sometime within the program year in order for points to qualify.

The more points you earn, the more opportunities you have to earn money! Here is how the system works:

- TIER 1 - Earn a total of 250 points (must include physical) and you will earn \$150; OR
- TIER 2 - Earn a total of 600 points (must include physical) and you will earn a total of \$300; OR
- TIER 3 - Earn 950 points in total (must include physical) and you will earn a total of \$500
- *The **maximum** amount employees can earn is **\$500 total***

*If you have an impairment or disability that makes you unable to participate in any of the program events, activities or goals, you may be entitled to a reasonable accommodation for participation or an alternative standard for rewards. Please contact Wellness Coordinator, Angel Hohenstein, and we will work to find a program that is right for you in light of your health status.*

### Who Can Participate?

Actively enrolled employees are encouraged to participate and earn as many points as you are able. Again, this program is voluntary and will not impact your employment or health insurance, simply an added benefit to your employment.

### How Do I Enroll?

The program begins October 1, 2023 and will run through September 30, 2024. You can enroll in the program at any time. Please visit the [Bridge](https://duluthmn.gov/bridge-to-wellness/) (<https://duluthmn.gov/bridge-to-wellness/>) to enroll and/or print your tracking card. You can start tracking immediately.



[www.duluthmn.gov](http://www.duluthmn.gov)

The City of Duluth is an Equal Opportunity Employer.



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The completed tracking card **and** documentation (verification of participation) must be completed by **September 30<sup>th</sup>, 2024**, to allow time for processing. **No late tracking forms will be accepted.** Please contact Wellness Coordinator, Angel Hohenstein, at (218) 730-5201 or (218) 348-9428 or [ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov) with any questions.

### What Parts Are Mandatory?

This year, there is only one requirement, and that is to complete your annual physical **sometime within the program year** with your physician to be eligible for the rest of the points. As long as that is complete, you are eligible to earn all maximum points. In order to qualify for points in future years, there may be additional requirements.

**Please Note:** Not all activities are for everyone, and in fact, not everyone will be eligible to participate in some programs (e.g., Omada), with that, we recognize that this is not a comprehensive list of all programs/activities available and it is subject to change. Employees have an opportunity to review other options with the Wellness Coordinator.

### Note about My Health Rewards

Join Medica's My Health Rewards program and earn double the rewards! My Health Rewards is a points-based incentive program that offers rewards for completing healthy activities **in addition to** (and outside of) our current Wellbeing program. Redeem the points from My Health Rewards for e-gift cards, or shop for health and fitness products in the Virgin Pulse store. You can even choose to donate your rewards to a charitable cause. You can earn up to 4 levels worth of points. If you are participating in My Health Rewards, you can get dually rewarded! Hit each level and earn additional points in our Wellbeing program.

\*\*My Health Rewards is free and is SEPARATE program from our Wellbeing Program. Points you earn through the Wellbeing program will not directly sync/add up with My Health Rewards, and vice versa. \*\*

[More details on My Health Rewards](#)