



2019 Mesa Wellness 360 Program

January 1 – October 31, 2019

What is the City of Mesa Wellness 360 Program?

The Mesa Wellness 360 Program is a **voluntary** program for City of Mesa employees to improve their health and well-being. This program combines lifestyle management with fun and creative ways to be healthy. The program is provided in partnership with a company called Sonic Boom Wellness.

The program promotes a holistic view of health encouraging employees to complete health screenings and activities throughout the year and reward these employees with financial incentives for their efforts!

Who Can Participate?

Employees eligible for the program must be enrolled in one of the City of Mesa's medical plans (Basic Choice, Choice or Copay). Spouses, dependents and retirees are not eligible for Wellness 360 at this time.

Get Started

1. Join the Mesa Wellness 360 website today! Register at <https://mesaaz.app.sbwell.com>
2. Complete the online Health Quality Assessment (HQA) – REQUIRED for full incentive.
3. Schedule your annual physical with your primary care

provider or schedule a physical exam at the City of Mesa Wellness Center at **644-9355!**

4. Learn more about the website via our How to Guide found on Inside Mesa at <http://inside.mesaaz.gov/MesaWellness360>
5. Take action and complete qualified wellness activities, programs, classes and coaching with Mesa Wellness 360!

Earn Points

Engage in a variety of wellness activities including preventative screenings, classes and support programs. All activities must be completed and reported between January 1 – October 31, 2019 on the Mesa Wellness 360 website, unless otherwise denoted.

Financial Incentive Payment

Participants have an opportunity to earn financial rewards throughout 2019! After the completion and recording of every 250 points in the Mesa Wellness 360 website, participants will earn a \$50 gift card. Participants are eligible to earn up \$200 in gift cards (four \$50 gift cards) for the completion of 1,000 points in 2019. **Gift cards will be emailed to the email address on file.** In addition, if participants complete 1,000 points, they will also earn \$200 off (\$8.34/pay period) their 2020 health insurance premium.

Mesa Wellness 360 Points	Incentive	Form of incentive
250 points (up to 1,000 points)	\$50 (up to \$200)	Gift cards
1,000 points	\$200 (\$8.34/pay period)	2020 Health insurance premium discount*

See the Mesa Wellness 360 Points System.

**Applies only to employees enrolled in Choice and Copay plans.*

Deadline to submit all activities to Mesa Wellness 360 Program: October 31, 2019

If you have questions, please contact MesaWellness@mesaaz.gov

Powered By:



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Participants must earn 250 points to receive a \$50 gift card. Participants can earn up to 1,000 points for a total of \$200 in gift cards in 2019.
Participants must earn 1,000 points to receive 2020 Premium Discount of \$200 (\$8.34/pay period).

Category 1 – Let’s Get Clinical – Health Assessment and Annual Exam

Activity	Wellness Points	Description
Sonic Boom Health Quality Assessment	200	Complete Sonic Boom’s quick and informative HQA.
Annual Exam		Complete an annual exam with your primary care provider (PCP) OR at the City’s Wellness Center. Accepting exams between 11/1/2018-10/31/2019.

Category 2 – Let’s Get Clinical Screenings

Activity	Wellness Points	Description
Biometric Screening	150	Members to complete a biometric screening through Quest Diagnostics on-site at City of Mesa location, Sonora Quest Lab or PCP’s office.
Complete a preventive screening	150	Mammogram, prostate cancer exam, colonoscopy, Well Woman, Skin cancer, heart health, or bone density screening. Can complete up to one screening for Wellness Points. Accepting exams between 11/1/2018-10/31/2019.
Complete one dental OR vision checkup	50	Members to use their dental or vision benefit to complete one dental exam OR one vision exam.

Category 3 – Wellness Classes & Programs

Activity	Wellness Points	Description
Wellness and Healthy Lifestyle Coaching	150	Graduate from Sonic Boom’s Coach’s Corner module by completing 4 calls and 2 goals (the required activities to graduate); or complete 4 sessions and 2 goals at the Wellness Center.
Complete the Tobacco Cessation, Healthy Living (CDSMP), Diabetes Education, Mindful Eating or Inside Out Programs.	200	City of Mesa offers a variety of wellbeing programs throughout the year. Complete one program to earn credit!
Complete 3 months of a clinically supervised weight loss program or Weight Watchers	200	Complete a clinically supervised program through a medical provider or 3 months of Weight Watchers.
Participate in City of Mesa’s Wellness Program Classes	50 pts each; 150 pts max	City of Mesa offers a variety of wellbeing classes throughout the year. Attend 3 classes throughout the year to earn credit! (Eligible classes designated by the Mesa Wellness 360 logo).

Category 4 – Annual Activities

Activity	Wellness Points	Description
Complete a fitness event (5K, 10K, half-marathon, marathon, etc.)	100	Complete a fitness event (5K, 10K, half-marathon, marathon, etc.). Participate in a fitness event between 1/1/2019-10/31/2019
Quarterly Wellness Challenges	100	Participate in at least 2 of 4 Sonic Boom quarterly
Quarterly Wellness Challenge - Top 20 Winners	150	Earn one of the Top 20 spots in one of City of Mesa’s quarterly wellness challenges. Can only earn this one time per program year.
Challenge-of-the-Day	100	Complete, comment and rate 100 CODs to earn 100 Wellness Points.
Volunteer Activity	50	Flex your philanthropy muscle and volunteer in your community!

Category 5 – Quarterly Activity Goals

Activity	Wellness Points	Description
Q1 Activity Goal	150	Using your activity tracker, accrue 7,500 steps OR 1 hour of activity for 50 days from 1/1/2019 - 3/31/2019
Q2 Activity Goal	150	Using your activity tracker, accrue 7,500 steps OR 1 hour of activity for 60 days from 4/1/2019-6/30/2019
Q3/Q4 Activity Goal	250	Using your activity tracker, accrue 7,500 steps OR 1 hour of activity for 90 days from 7/1/2019 - 10/31/2019
Fitness Journal – Part 1	100 pts per quarter; 200 pts. max	You can earn 100 Wellness Points for attending the gym OR participating in your own physical activity program at least 30 times in Q1, Q2 or Q3.
Fitness Journal – Part 2	100 pts per quarter; 200 pts. max	You can earn 100 Wellness Points for attending the gym OR participating in your own physical activity program at least 30 times in Q1, Q2 or Q3.