



2021 Mesa Wellness 360 Program

January 1 – October 31, 2021

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 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.sbwel.com>
2. Learn more about the website via our SharePoint Site found on Inside Mesa at <http://inside.mesaaz.gov/MesaWellness360>

3. 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, 2021 on the Mesa Wellness 360 website, unless otherwise denoted.

Financial Incentive Payment

Participants have an opportunity to earn financial rewards throughout 2021! 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 to \$200 in gift cards (four \$50 gift cards) for the completion of 1,000 points in 2021. **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 2022 health insurance premium.

You are not locked in at 1,000 Points! For each additional 250 points you earn (up to 2,500 points), your name will be entered in a drawing for a \$100 Visa Gift Card (6 lucky winners)!

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)	2022 Health insurance premium discount*

Deadline to submit all activities to Mesa Wellness 360 Program: October 31, 2021

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

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

Powered By:



2021 City of Mesa Wellness 360 Program

Participants must earn 250 points to receive a \$50 gift card. Participants can earn up to a total of \$200 in gift cards in 2021. Participants must earn 1,000 points to receive 2022 Premium Discount of \$200 (\$8.34/pay period).

---NEW for 2021---

Participants who exceed 1,000 points can also earn up to 6 raffle entries for an end of the year drawing!

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

Activity	Wellness Points	Description
Sonic Boom Health Quality Assessment	50	Complete Sonic Boom's quick and informative HQA.
Annual Exam	150	Complete an annual exam with your primary care provider (PCP) or at the City's Wellness Center. Accepting exams between 11/1/2020-10/31/2021.

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 up to two preventive screenings	100 pts each; 200 pts max	Mammogram, prostate cancer exam, colonoscopy, Well Woman, Skin cancer, heart health, or bone density screening. Can complete up to two screenings for Wellness Points. Accepting exams between 11/1/2020-10/31/2021.
Complete one dental exam	50	Members to use their dental benefit to complete one dental exam.
Complete one vision exam	50	Members to use their vision benefit to complete 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)
Complete the Healthy Living (CDSMP), Diabetes Education, Mindful Eating, Healthy Mind, Nutrition, or Inside Out Educational Programs.	200	City of Mesa offers a variety of wellbeing programs throughout the year. Complete one program per year to earn credit!
Participate in City of Mesa's Wellness Classes	50 pts each; 200 pts max	City of Mesa offers a variety of wellbeing classes throughout the year. Attend up to 4 classes/webinars throughout the year to earn credit!
Sonic Boom Academy	50	Complete any 5 online, self-paced courses on nutrition, finance, sleep hygiene, or mental well-being to earn 50 points.

Category 4 – Annual Activities

Activity	Wellness Points	Description
Complete an in person or virtual fitness event (5K, 10K, half-marathon, marathon, etc.)	100	Complete an in-person or virtual fitness event (5K, 10K, half-marathon, marathon, etc.) 100 Participate in a fitness event between 1/1/2021-10/31/2021
Spring into Fitness	100	Participate in our annual Mesa Wellness Spring into Fitness event to earn 100 points.
City of Mesa Wellness Challenges	100	Participate in at least 2 of 4 Sonic Boom's quarterly wellness challenges.
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 either virtually or in person.

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 1/1/2021 - 3/31/2021.
Q2 Activity Goal	150	Using your activity tracker, accrue 7,500 steps OR 1 hour of activity for 60 days from 4/1/2021-6/30/2021.
Q3/Q4 Activity Goal	250	Using your activity tracker, accrue 7,500 steps OR 1 hour of activity for 90 days from 7/1/2021 - 10/31/2021.
Quarterly Online Fitness Journals	100 pts per quarter; 300 pts max	You can earn 100 Wellness Points for attending the gym OR participating in your own physical activity program at least 30 times each quarter.