



2022 Mesa Wellness 360 Program

November 1, 2021 - October 31, 2022

What is the City of Mesa Wellness 360 Program?

The Mesa Wellness 360 Program is a voluntary program for City of Mesa employees and their spouses committed partners to improve their health and wellbeing. This program combines lifestyle management with fun and creative ways to be healthy.

The program is provided in partnership with WebMD ONE. 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?

We are excited to announce that ALL employees are eligible to participate in the program! Benefited employees can invite their spouses/committed partners who are also enrolled in one of the City of Mesa's medical plans (Basic Choice, Choice, or Copay). Non-benefited employees have a unique rewards page with exciting raffle prizes but will not be eligible for gift cards. Dependents and retirees are not eligible for the Mesa Wellness 360 Program at this time.

Get Started

Join the Mesa Wellness 360 platform powered by WebMD ONE today!

1. Register at <https://wellness360.mesaaz.gov/> or download the WebMD **Wellness At Your Side** mobile app and use the connection code **mesawellness360**. You can also use the QR code located to the right.
2. Create an account using:
Employee ID + FIRST NAME (all caps) + date of birth (MM/DD/YYYY).
Spouses use the Employee ID + SPOUSE'S FIRST NAME (all caps) + Spouse's date of birth (MM/DD/YYYY).

Earn Points

Engage in a variety of wellness activities including preventive screenings, classes, support programs and coaching. All activities must be completed and logged between 11/1/2021 - 10/31/2022 on the Mesa Wellness 360 platform unless otherwise noted. Deadline to submit activities to the Mesa Wellness 360 Program is 10/31/2022.

Benefited Employees, Spouses/Committed Partners:

Participants have an opportunity to earn financial rewards throughout the program year. After the completion and logging of every 250 points, 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 1000 points in 2022. Gift card notifications will be emailed to the email address on file. In addition, if participants complete 1000 points, they will also earn \$200 off their 2023 health insurance premium (Choice or Copay plans only- \$8.34/pay period, \$400 max per household).

You are not locked in at 1000 points! For each additional 250 points you earn, your name will be entered in a raffle for a gift card valued at \$100 with even more winners than before!

Non-benefited Employees:

Non-benefited employees have an opportunity to earn raffle entries throughout the program year by logging activities on your unique rewards page. After the completion of every 250 points, participants will earn an entry in a quarterly raffle to WIN BIG PRIZES, including cash gift cards.



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

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Activity	Points	Description
Health Assessment and Annual Exam		
Health Assessment	100 pts	Complete WebMD's quick and informative Health Assessment (HA).
Annual Exam	150 pts	Complete an annual exam with your primary care provider (PCP).
Biometric Screening		
Biometric Screening <i>*Not available for spouses or non-benefited employees.</i>	100 pts	Complete a biometric screening through Quest Diagnostics on-site at a City of Mesa event, Sonora Quest Lab or PCP's office.
Preventive Exams		
Preventive Screenings	50 pts each; 100pts max	Complete up to two preventive screenings: Bone Density, Colonoscopy, Mammogram, Prostate cancer, Skin Cancer, or Well Woman.
Dental Exam	50 pts	Complete a preventive dental exam/cleaning.
Vision Exam	50 pts	Complete a preventive vision exam.
Wellness Classes & Programs		
Lifestyle Coaching Session <i>*Not available for non-benefited employees.</i>	25 pts each; 200 pts max	Complete up to 8 telephonic or digital coaching sessions using a WebMD certified Health Coach. Must complete the Health Assessment to participate.
Wellbeing Educational Programs	200 pts	Complete either the Chronic Condition Management, Diabetes Education, Mindful Eating, Nutrition, Mental Well Being, or Financial Wellness program.
Wellness Classes	50 pts each; 200pts max	Choose from a wide variety of wellbeing classes throughout the year. Attend up to 4 classes/webinars.
Healthy Activities		
Community Fitness Events	50 pts	Complete an in-person or virtual fitness event (charity walk, 5K, 10K, half-marathon, marathon, etc.)
Spring Into Fitness	100 pts	Participate in the annual Mesa Wellness Spring Into Fitness event.
Citywide Wellness Challenges	50 pts each; 200 pts max	Participate in quarterly wellness challenges.
Volunteer Activity	50 pts	Flex your philanthropy muscle and volunteer in your community or give blood.
Daily Habits Plan	50 pts each; 100pts max	Choose from any of the Daily Habits Plans such as Keep Stress In Check, Work Life Balance, or any of the other topics on the Mesa Wellness 360 platform powered by WebMD ONE.
Monthly Steps and Exercise		
Monthly Steps Goal	50 pts monthly; 600 pts max	Sync your fitness device and track at least 120,000 steps per month. Example: 7,500 steps/4 days a week
OR		OR
Monthly Exercise Goal	50pts monthly; 600 pts max	Use the Exercise Health Tracker on the Wellness 360 portal powered by WebMD to log at least 600 minutes of physical activity per month. Example: 30 minutes/5 days a week.