

## City of Malden Wellness Program

All City employees covered by Harvard Pilgrim Health Care insurance are invited to participate in the wellness program from August 1, 2022, through June 30, 2023. Simply take part to earn points toward the \$500 incentive. To get started, log into your wellness account or create one by visiting [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount).

### How do I earn points?

Earn up to \$500 to be deposited to your Health Reimbursement Account (HRA) Benny card, which can be used to pay for out-of-pocket medical and dental expenses. You may choose which activities work best for you to earn points. Options include:

Quarterly Habit Builder Biometric Activities	Points Available
<p>Each quarter members can participate in the walking activity! You will need to log into the online wellness portal and either track steps manually or attach a fitness tracking device (such as a Fitbit or an Apple Watch) that will track automatically over time.</p> <ul style="list-style-type: none"> <li>• Track your steps! *               <ul style="list-style-type: none"> <li>○ Activity 1: Aug 3<sup>rd</sup> – Oct 31<sup>st</sup></li> <li>○ Activity 2: November 1<sup>st</sup> – January 31<sup>st</sup></li> <li>○ Activity 3: February 1<sup>st</sup> – April 30<sup>th</sup></li> </ul> </li> </ul>	<p>100 points each activity/\$100 deposited for each activity</p> <p>*Track 115,000 steps over the course of three months</p>
Online Activities	
<ul style="list-style-type: none"> <li>• Complete the Well-Being Assessment</li> <li>• Attest to receiving an annual physical</li> <li>• Attest to receiving an annual eye exam</li> <li>• Attest to receiving a flu shot</li> <li>• Attest to receiving a teeth cleaning (2 per year)</li> <li>• 3 Ways to Ignite Focus*</li> <li>• Bring Your Lunch to Work*</li> <li>• Get Up and Get Moving*</li> <li>• Getting and Staying Asleep*</li> <li>• Go on a Daytime Adventure*</li> <li>• Learn a New Skill*</li> <li>• Recipe – Rainbow Ready Lunch*</li> </ul> <p>*See Activity Descriptions for details</p>	<p>50 points each activity/\$50 deposited for each activity</p>

### How will you earn your \$500? It's easy:

Funds will be deposited monthly and available in \$100 increments. If you earned 250 points by the end of the month, funds in the amount of \$200 would be deposited the following month. Unused HRA funds roll over to the next plan year for all active employees. Retirees are not eligible for the Wellness Program; therefore, any funds remaining on your Benny card will only be available through the last day of employment. You can visit the online store at [www.fsastore.com](http://www.fsastore.com) to buy eligible items using your remaining HRA funds.

### Who do I contact if I have questions?

<p><b>Program questions, how to access the site, etc.</b>  <b>Harvard Pilgrim Wellness Services</b>            PHONE: 877-594-7183            EMAIL: <a href="mailto:LivingWellSupport@hPoint32Health.org">LivingWellSupport@hPoint32Health.org</a></p>	<p><b>To identify available funds on your (HRA) Benny card</b>  <b>Cafeteria Plan Advisors</b>            781-848-9848  <a href="mailto:info@cpa125.com">info@cpa125.com</a></p>
---	--

## City of Malden Wellness Program

### Activity Descriptions

#### Habit Builder Biometric Activity:

##### **Track Your Steps** - Track 115,000 steps over the course of three months

Moving your body every day and being physically active is an important part of feeling good. Even small movements like moving while talking on the phone, parking farther away from your destination or taking the stairs can add more steps each day. While at work and at home, try moving your body more to get some extra steps in.

After walking, exercising, or doing other activities, log your steps. If you don't want to log them manually, connect a device, and your steps will be tracked automatically. A tracking device or app will track your steps regardless of your speed, so move at your own pace.

Here are some creative ways to get more steps:

- Take the stairs instead of the elevator or escalator
- Walk around during phone calls
- Park farther from your destination
- Take a walk during your work break
- Instead of sitting down during a meeting, make it a walking meeting
- Get up earlier and take a morning walk, or take a walk after dinner before you settle in for the night
- On non-workdays, aim for longer walks, sports or other types of physical activity
- Track "steps" for non-walking activities like riding a bike, playing a sport, or moving around the house

#### Online Activities:

##### **3 Ways to Ignite Focus** – watch the video and answer the questions

How often do you find yourself committing to get some work done, only to be scrolling on your phone moments later? You may want to consider strengthening your ability to focus, which is a skill that can be improved over time with regular practice. Watch the video to learn about how to intentionally improve your ability to focus and how to resist the urge to multitask. Then, take the quiz, and answer 2 out of 3 questions correctly to complete the activity.

##### **Bring Your Lunch to Work** – At least 3 times

We know that making your own meals and eating healthy isn't always easy. You work hard, you're overscheduled and running late — who has time to cook? But preparing your own meals is the best way to fuel your body with healthy, nutritious foods. To get into a new habit, plan ahead, and make your meals for one day (includes breakfast, lunch, dinner and snacks). Do this once a week to earn points for this challenge. Need ideas for how to get this done? Click through and read the information below.

Planning meals in advance isn't difficult, but it does take some planning. Here are some ideas to help you complete this activity and feel more confident with your meal planning.

- **Use recipes:** lean on recipes to get inspired and give you good meal planning ideas. Choose recipes that focus on quick cooking or preparation time, as well as recipes that use healthy ingredients.
- **Plan prep time:** Use your non-work time, like the weekend, to prep as much food as you can. Chop vegetables, make marinades or dressings and cook whole grains in advance. You'll find that by doing work ahead of time will make it super easy to grab and cook later during the week. Read the USDA's recommendation for storing and re-heating leftovers.
- **Night before prep:** The night before you plan to bring food to work, pack as much as you can. Make sure you have enough containers for snacks and meals, as well as a chilled ice pack if necessary. Be sure to fill up your water bottle as well so that you can stay hydrated the next day.

**Get Up and Get Moving** – Watch the video and answer the quiz.

- Did you know that even short walks can be beneficial to your health and well-being? Watch this video and learn the benefits of moving more throughout the day. After the 1:03 minute video, answer 2 out of 3 questions correctly to earn your points for this activity. Want some more inspiration? Read [8 Tips to Increase Your Walking](#).

**Getting and Staying Asleep** – Complete the Lesson

In this quick lesson, Dr. Wendy Troxel shares basic practices to help you fall asleep more easily and get more restful sleep.

Consistently getting good sleep is critical to your health, productivity, and relationships. In these lessons, Dr. Wendy Troxel teaches you how sleep works and how to make sleep work better for you. You'll gain a better awareness of your own sleep habits and walk away with proven strategies to add more and better sleep to your life.

**Go on a Daytime Adventure** – Take a day trip one time.

Are your weekends filled with obligations or chores? Are you looking for a fun, nearby escape to break up your routine? A short-day trip may be just the trick to get you out of the house and exploring a new location. For this challenge, invite your friends or family for a nearby excursion. Take the opportunity to visit a new place, get out in nature, visit an historical site, or just have a picnic somewhere new. Your day trip excursion may depend on the season, so make sure to plan ahead and have fun! Read below for more tips about this activity.

Before you hop on the road, do some planning to ensure a fun adventure.

- **Consider the distance:** Try not to plan a day trip during which most of the trip is sitting in the car. Look at nearby locations so that you can be somewhat active.
- **Think like a tourist:** Take a map or talk to locals. You might find a gallery, museum, or another unexpected destination along the way.

- Be budget-friendly: Bring snacks, water, or other necessities for your journey so that you can stay within your budget
- Car savvy: Fill your gas tank, wash your windows, and check your tires before you hit the road
- Plan for the unexpected: Review local lodging options in case you decide you're having too much fun and want to stay longer
- Bring a buddy, or not: You can always choose to travel solo if that's what you need. Just be safe, and let your family and friends know exactly where you're going.

**Learn a New Skill** – On at least 5 different days, track practicing a new skill.

Learning a new skill for your job—or developing skills you already have—can make you feel more accomplished at work, help increase your self-confidence and possibly make you more productive. Growing on the job is a great way to add to your core competency and can make you more valuable to your organization. For this activity, choose one skill you'd like to improve, and work on it at least once a week.

Expanding your knowledge, adding skills to your resume, and learning on the job are all important for work growth. Here are some tips to help you complete this activity:

- What do you want to improve? Identify at least one skill that you'd like to work on or develop. It could be a software program, note-taking skills or learning a new recipe that will enhance the flavor of the food you cook. It might even be soft skills like management, communication, or conflict resolution. Write them all down and choose one you'd like to start with.
- Who will help you? Once you've identified your skill, talk to your manager about how to find the right resources for training. Your organization may already have job-training tutorials or information already available to you. Your manager could also help you locate the right training tools outside of your organization. Be sure to find out if your organization helps pay for any training or job skill development.
- When will you get it done? Developing a new skill takes time, so make sure you arrange your schedule to develop this skill. You may need to work on this skill development outside of work.

**Recipe – Rainbow Ready Lunch** – Watch the recipe demo

Tired of your same old lunch routine? Watch this 0:41 video and get inspired to create your own colorful and nutritious lunch! This is an easy way to use up leftovers you may have, and even make your lunches a few days in advance. There are infinite ways to mix and match ingredients so experiment and find your favorite. You can get [this recipe here](#).

This is a great recipe when you want to add more flavorful colors (and fiber) to your meal. This 1:02 video will show you an easy way to create a delicious meal using just one pan. Although this recipe calls for fish, you could easily swap that out for another type of meat. This is a great way to use up produce you may already have on hand, and simply make this a veggie meal.