

## Earn a \$500 Wellness Incentive!

The City of Dallas wants to help you live your healthiest life. By taking steps to improve our overall health, we have more energy and use fewer health care services, saving us money on our medical plans – and making us more productive at work and home.

Through BCBSTX and our new wellness vendor, Catapult Health, you can earn incentives and better understand your health!

### 2021 Employee Wellness Program

In light of the ongoing pandemic, the City of Dallas is making it easier for you to earn the 2021 wellness incentive of \$500 (added to your December 2021 paycheck) – by bringing our wellness activities to you!

To earn your \$500, **all active employees enrolled in a City of Dallas medical plan** should complete the steps outlined in this table by their applicable deadlines.

WELLNESS ACTIVITY	STEPS	DEADLINE
<b>Complete a Catapult Health Virtual Checkup</b> (a biometric screening and annual physical exam from home!)	<ol style="list-style-type: none"><li>1. Visit <a href="http://www.virtualcheckup.com/cod">www.virtualcheckup.com/cod</a> to register for a Virtual Checkup home kit. You can register for a home kit between 3/22/2021 and 6/30/2021. Then, complete the checkup no later than 8/31/2021.</li><li>2. Complete your home kit within 7 days of receipt. (Note: Be sure to have your BCBSTX member ID available!)<ul style="list-style-type: none"><li>• Once you complete and return your home kit, you will receive a notification from Catapult Health to schedule an appointment with a Nurse Practitioner.</li></ul></li><li>3. Follow the notification's instructions to book and complete a Virtual Checkup with a Catapult Health Nurse Practitioner.<ul style="list-style-type: none"><li>• During your Virtual Checkup, the Nurse Practitioner will review your kit results in more detail and ask some additional health questions.</li></ul></li></ol>	<b>Register for Home Kit:</b> 6/30/2021  <b>Complete Virtual Checkup:</b> 8/31/2021
<b>Complete the BCBSTX online Health Assessment</b>	<ol style="list-style-type: none"><li>1. Log into (or register for) BCBSTX's secure Well onTarget portal at <a href="http://www.wellontarget.com">www.wellontarget.com</a>.</li><li>2. Click on <i>Start</i> in the <i>Health Assessment</i> box at the top of your dashboard to complete the online Health Assessment.</li></ol> <p>Note: You will earn 2,500 BluePoints from BCBSTX – redeemable for things like popular tech items, workout gear, and home goods – for completing the online Health Assessment. BluePoints are not part of the City of Dallas' wellness program, and you must still complete all steps outlined in this table to achieve the \$500 wellness incentive.</p>	8/31/2021

### If You Want to Visit Your PCP Instead

If you do not want to complete the Catapult Health Virtual Checkup, you may instead visit a Primary Care Physician (PCP) for an annual physical exam with bloodwork. However, it's important to note that this option will require more of your time and effort than the Virtual Checkup. Please keep this in mind as you choose your option.

Annual physical exams with bloodwork, performed by your PCP between 9/1/2020 – 8/31/2021, are accepted.

- **Visits from 9/1/2020 – 12/31/2020:**
  - If your visit included bloodwork, no further action is needed. Your visit will be verified automatically.
  - If your visit did not include bloodwork, you will need to complete a Catapult home kit and Virtual Checkup or schedule another PCP visit. After your follow-up visit, you will then need to enter your exam results and other information as described below in the PCP form online at <https://pcpform.com/cod> by **8/31/2021**.
- **Visits from 1/1/2021 – 8/31/2021:**
  - It is up to you to make sure your doctor performs bloodwork and measures all the necessary factors (height, weight, abdominal circumference, blood pressure, total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides, glucose). You will also need your provider's NPI number, the date of your exam, and your BCBSTX member ID.
  - Use your results and other information to complete the PCP form at <https://pcpform.com/cod> by **8/31/2021**. Since results won't be available immediately, be sure to get your screening early enough to meet the deadline.
- **In addition to the checkup/PCP Visit, be sure you also complete the BCBSTX Health Assessment by 8/31/2021.**

### If You Have Questions

For questions about the Virtual Checkup, home kit, or the PCP option, please contact Catapult Health at [support@virtualcheckup.com](mailto:support@virtualcheckup.com). For questions about the wellness incentive, wellness steps, or your medical plan benefits, please contact the City's Benefits Service Center at (214) 671-6947 or [hrbenefits@dallascityhall.com](mailto:hrbenefits@dallascityhall.com).