

# Bathroom Banter!

Your private connection  
to wellness!



## Learn & Earn in the 2013 City of Chicago Wellness Challenge

Two easy steps can earn you at least \$50 in health savings!

The City of San Antonio have been invited to participate in the 2014 City of Chicago Wellness Challenge! We are competing against City of Chicago employees to see which City can get the most employees to complete the **two easy steps** found below.

All active, full-time civilian employees and their spouses / certified domestic partners enrolled in the City's civilian health plan are eligible to participate in the challenge. All incentives earned will be contributed to the employees HSA / FSA in 2014.

Each participant will earn at least \$50, however the higher the participation, the higher the incentive can go!

**Two Easy Steps can Earn you at Least \$50 in Health Savings:**

**Step 1: Obtain** a Wellness (biometric) Screening – see the Screenings at Walgreens section below.

**Step 2: Complete** your online Health Risk Assessment by logging onto myuhc.com **OR** by **obtaining** a preventive exam.

Don't forget you have until September 30<sup>th</sup> to complete both steps!

### What! You haven't completed your Health Assessment Yet?!

You still have time!

If you are a civilian employee enrolled in a City's civilian health plan, you have until **September 30<sup>th</sup>** to complete your Health Assessment found on **myuhc.com** to earn **\$100** to your HSA / FSA and **complete step 2** in the **City of Chicago Wellness Challenge**.

Don't forget that your **spouse/ certified domestic partner** who is also enrolled in the City's civilian health plan can also earn **\$100** by completing their own Health Assessment. Don't wait – the sooner you complete it, the sooner you earn your reward!

### Get Free Screenings at *Walgreens*

Walgreens has **16 convenient locations** around San Antonio for civilian employees & spouses / certified domestic partners on the City's civilian health plan to receive a free Wellness Screening.

For more details, see your HR Generalist or Specialist, or visit the **Employee Wellness page** and look under the "Don't Miss Out!" section.

But don't forget, this Wellness Screening counts as **step 1** for the **City of Chicago Wellness Challenge**, will earn you **500 HealthMiles**, and you're only **allowed one per calendar year**.

### Preventative Exam

Your medical benefits include coverage for preventative exams from network physicians and other health care professionals.

The City covers your preventative care at **100%** (no co-pay)

Some preventive care services include:

Routine well physicals, mammograms, prostate cancer screening, and many more.

Remember a preventive exam counts as **step 2** towards the **City of Chicago Wellness Challenge!**