

WELLNESS PROGRAMS

Gym Reimbursement

The City of Victoria's gym reimbursement program will reimburse **full-time employees** monthly health club membership dues as follows:

- \$20.00 if you work out at least 10 times per month
- \$30.00 if you work out at least 15 times per month
- \$40.00 if you work out at least 20 times per month

Key Features

- You cannot be reimbursed more than your monthly membership fee even if you work out the maximum number of days a month.
- One visit per day. If you have multiple memberships, you must designate one club for our program.
- Reimbursement will be done on a monthly basis.



Vitality®



Vitality provides weekly, attainable lifestyle goals to help you prioritize what's important to you in staying healthy: diet, sleep, mental health and more! Whatever your health goals are, and at whatever pace you want to achieve them, Vitality helps you turn healthy behaviors into long-lasting habits.

Key Features

- Vitality is available to all **full-time employees and spouses**.
- There is no cost to you or your spouse.
- Achieve a weekly goal based on your level of physical activity OR get healthier when you complete a weekly lifestyle goal.
- As you complete your goals and activities, you'll earn spins on a wheel to win coins and gift cards.

Well onTarget

Well onTarget is a fitness and lifestyle program provided by Blue Cross Blue Shield of Texas. The fitness program offers flexible options and access to a nationwide network of fitness locations with features such as: online enrollment and tracking, mobile app with check-in and activity history, and access to thousands of digital fitness videos and live classes. Well onTarget also offers digital self-management programs which consist of: interactive programs with learning activities & content that focus on behavioral changes to reinforce healthier habits, and educational programs that inform about symptoms, treatment options, and lifestyle changes.

Key Features

- Well onTarget is available to all **full-time employees, spouses, & dependents 16+ who are enrolled in one of the City's medical plans**.
- Earn "Blue Points" for various tasks and redeem points for apparel, appliances, books, electronics, sporting goods, and more!

Our Employee Assistance Program (EAP) provided by **Magellan Healthcare** is a convenient, confidential and free program that offers services to help you and your household members resolve daily challenges and manage more complex issues. Services include: counseling, coaching, online programs, work-life services, legal, financial and ID theft resources, and discounts on airfare, hotels, theme parks, and more!

Key Features

- You do not need to enroll. The EAP is available to **all employees and household members** at no cost.
- You can call anytime 24/7/365, and the EAP will help get you on the right path to meet your needs.

Magellan
HEALTHCARESM



City of Victoria BEWELL@WORK



Pet Therapy

The City of Victoria has partnered with Dorothy O'Connor Pet Adoption Center for on-site/at work pet therapy for all employees. DOCPAC will bring in friendly, lovable pets **every third Thursday of each month**. Each month will be at a different COV facility to interact with as many employees as possible.

Features:

Why Pet Therapy? According to PAWS for People™ the benefits of pet therapy include:

- lowers blood pressure
- improves cardiovascular health
- releases endorphins (oxytocin) that have a calming effect
- diminishes overall physical pain
- the act of petting produces an automatic relaxation response

Calm App



The City of Victoria is providing a year subscription to Calm with unlimited access to a full library of content at calm.com and in the Calm app.

Key Features

- You can use your Calm account on **5 different devices** at a time! This means your family can also enjoy all that Calm has to offer.
- Explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing Sleep Stories, tailored content for children, wisdom-filled masterclasses led by experts, and much more.

Citizens Healthplex

The City of Victoria has partnered with Citizen's Health Plex to provide **monthly** on-site/at work Massage Therapy & Mind/Body Relaxation Classes.

Key Features

- Each month you can expect fifteen-minute Mind/Body Relaxation Classes that include deep breathing, stretching, and gentle yoga.
- Five minute chair massage therapy sessions will also be available each month. The therapy will be performed by two licensed massage therapists in a quiet setting complete with comfortable chairs to enhance your experience.



Responder Health- Police + Fire

Responder Health is a resource for our first responder positions with the City of Victoria including Police, Fire/EMS. Responder Health provides confidential and full-service solutions that support first responders through stress and traumatic events.

Key Features

- Includes a Peer Support Program to help you the daily challenges of being a first responder. This is a confidential face-to-face conversation with a certified individual on the peer support team.
- Confidential Crisis Hotline- available anytime you need it, this confidential crisis hotline is made for first responders. Available 24 hours a day, 7 days a week, the CISM trained call-takers will connect you with additional resources to handle your specific situation.
- Responder Health App- First responders and their families get access to an on-demand coaching app that teaches skills and habits for dealing with life's daily stressors.