



2020 WELLNESS PROGRAM





What's New in 2020?

NEW ACCESS TO THE PORTAL

Non-City employed spouses/partners and dependents (age 18-26) with City medical coverage now have access to the portal! They can create an account by going to www.cityfitpgh.com and choosing the link for Spouse/Partner or dependent registration.

Spouses/Partners and Dependents (age 18-26) can also earn prizes!

Bronze: Earn 250 points in Active-Care

Silver: Earn 250 points in Self-Care

Gold: Earn 500 points in Wellbeing

Prizes will begin to be dispersed starting March 2nd.



HEALTH COACHING SERVICE

IH21 Health coach is available assist you with navigating your CityFit wellness program. Our certified health coaches can answer questions regarding your CityFit Wellness Program and/or platform, or your biometric screening results, proof of service forms, and assist you in accessing resources through CityFit or your insurer. All communications are confidential. If we do not know the answer, we will help you to find it!

NEW CHALLENGES AND WELLNESS EDUCATION PROGRAMS

This year, new wellness education programs and challenges will be offered throughout the year so make sure to check regularly!



Access your secure online account at:
www.cityfitpgh.com

Returning Users:

Enter the username and password you created. If you cannot recall your credentials, select the "Forgot Username or Password? Click Here." link and enter the email address associated with your account. Still having trouble? Contact Mediterranean Wellness at 800.977.6337 or admin@willclower.com.

New Users:

Your user name is: **Your ID Number***

Your password is: Your birthday in the form of **mmddyy**

Once you log in to your account, you will be prompted to change your password. After you change your password, you will be able to view Program Announcements, Program Requirements, Reporting Guidelines, and Your Dashboard.

*To find your ID Number, please reference your pay stub (example to the right) or contact Mediterranean Wellness at 800.977.6337 or admin@willclower.com.

Wellness Rewards

Financial Incentives for Employees and Dependent Spouses/Partners Working for the City

City Employees with City of Pittsburgh medical coverage, and their Spouses/Partners working for the City who are covered as dependents, are eligible to receive a \$500*financial incentive by earning:

- 500 points in Well-being Category
- 250 points in Self-Care Category
- 250 points in Active- Care Category

NEW THIS YEAR: The total payout will be \$500*!
You will receive your payout in a December 2020 paycheck.

*This is taxable income.

Prizes for ALL City Employees

- Bronze:** Earn 500 points
- Silver:** Earn 1000 points
- Gold:** Earn 1500 points

You will receive your prizes starting March 2nd as you earn them!

Employee Information

ID#:
SSN:
Pay Type:
Base Rate:
Dept: Employee Compensatic

Our on-line platform allows you to compete against your colleagues with wellness challenges, learn on your own time with featured webinars, and dive into action with on-line disease management programs. We'll frequently add new content on topics including mindfulness, nutrition, fitness, and weight loss. With so many options, you will be able to tailor your wellness education to your unique needs!



It is the purpose of CityFit Health & Wellness at Work to create awareness and take action to fulfill the health and wellness needs of City employees and their families.

The CityFit Benefits and Wellness Team will guide employees through comprehensive programming and effective communication to enhance their pursuit of healthy living.

Contact the CityFit Benefits and Wellness Team with questions regarding:

- Wellness Activities
- Wellness Prizes and Financial Incentive
- Points System
- CityFit Quit, the City of Pittsburgh's Tobacco Cessation Program

Email: city.fit@pittsburgh.gov

Phone: 412.255.2183

Stay Connected

View all upcoming wellness programs and events!

Calendar: <https://bit.ly/2xd53qL>

Website:

<http://pittsburghpa.gov/humanresources/cityfit/index.html>

Office Hours

M-F 7:30am-4:45pm

City-County Building
414 Grant Street, Pittsburgh, PA 15219
Suite 401, Ross Street Side

Contact IH21 for questions regarding:

- Receipt of Proof of Service Forms
 - Annual PCP visit form
 - Preventive Care Screenings Form
 - Dental, Vision, Mammogram, etc.
- Biometric Screenings
- Confirmation of completion of onsite biometrics
- Receipt of physician derived results (PDR) form

Contact Information:

Email: cityfitwellnessteam@gmail.com

Phone: 412.481.1644

Contact MedWell with technical questions regarding:

- Wellness Platform Registration
- Wellness Platform Assistance
- Featured On-line Programs
 - o Challenges
 - o Activity Tracking
 - o Wellness Education Programs

Laura Todd

Director of Operations, Customer Service

Contact Information:

Email: laura@willclower.com

Phone: 800.977.6337 ext. 802