



Well-being@Work

NEW HIRES: Get Started

Receive your Wellness Credit &
Get a Free Rec Pass for 2016

New Hires: How to Join the Well-being@Work Program:

Obtain your Rec Pass, earn your Wellness Credit (\$15 or \$30 per month)
& earn up to \$150 of Visa Debit Cards this year!

The City of Boulder's **Well-being@Work** program is devoted to your health and well-being. We value our workforce and want you to remain healthy for yourself and your family. It's about you!

Who is eligible? All standard and fixed-term benefited City of Boulder employees who work 20 or more hours per week are eligible for City of Boulder's Well-being@Work Incentive Program, Rec Pass & Wellness Credit.

New Hires can receive a \$15 or \$30 per month Wellness Credit: If you were hired after the open enrollment period during October and November 2015 (and before 10/31/16), you can complete the **Health Assessment** on the MyCigna.com website (once you enroll in health insurance through the city by turning in your paperwork) to receive a premium discount (Wellness Credit) on your insurance (in your paycheck): \$15/month for \$500 or \$1,000 deductibles & \$30/month for \$1,500 deductible in 2016. [Watch this video to get started.](#)

Follow the steps below to join the Well-being@Work program and obtain your 2016 Recreation Pass.

Step 1 At your New Employee Orientation (session 1), you be asked if you would like a recreation center pass as part of Well-being@Work, sign up on the sheet at this time. **Includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, and over 100 drop-in fitness classes per week (child care is offered at the Rec Center).**

Step 2 **Go to any Recreation Center to pick up your pass.** Your information will be in the system. You will be issued a scanner card that you will use every time you visit a recreation facility.

Step 3 If you have family members that want to purchase a pass, print a "[Family Affidavit Form](#)" from the **Well-being@Work** Website link (Go to Boulder@Work homepage, click on the Well-being@Work logo) to fill out and sign it and give it to your family members to bring with them to the Recreation Center when purchasing their discounted passes. (\$100 per year, per family member).

Step 4 Log onto the **Well-being@Work** Website (Go to Boulder@Work homepage, click on the Well-being@Work logo) for more information including:

- **Earning up to \$150 of Visa Debit Cards** through MyCigna for reaching health goals. [Watch this video to get started.](#)
- Participating in ongoing Well-being@Work programs (stress management, fitness, healthy eating and more!)

Step 5 Be on the lookout for Well-being@Work open enrollment details in Sept. for your 2017 wellness credit & rec pass.



Visit us online: Go to Boulder@Work homepage, click on the Well-being@Work Logo.

<https://work.bouldercolorado.gov/wellbeing>

As a Well-being@Work Recreation Pass holder, these additional Rec perks are available to you!

Well-being Perk	Details / How to get started	Timeframe
Free Rec Pass: City of Boulder Recreation facility use (facility use card)	<p>Pass includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, over 100 drop-in fitness classes per week, and the option to purchase recreation passes for your immediate family members at the discounted fee of \$100 per family member.</p> <p><i>The value of the rec pass is a taxable benefit to you. You are taxed on \$11.50 per pay period (you are not paying an additional \$11.50 in taxes), the actual tax amount will be based on your income bracket, pre tax deductions and the exemptions you claim on your W4. Family members are not taxed.</i></p> <p>GET STARTED: Complete the steps on the front of this page for your 2016 pass. Stop into any Rec Center to have your picture taken and activate your new pass.</p>	Once per year
Free Rec Class: Choose a class listed in the Parks and Recreation guide	<p>Free classes are available to you and your family members (that have purchased a discounted facility pass). You and your family can take one additional class per quarter at a 10% discount.</p> <p>GET STARTED: To view all the classes go to the www.BPRfitness.org Register THREE days prior to class start date in person at any recreation center or over the phone @ 303-413-7270.</p> <p>Exclusions: Contractual programs (tennis/dance/pottery), special interest (drama, art & guitar classes), competitive programs (teams & leagues) and private/ semiprivate lessons.</p>	Every quarter
Free consultation: One free session with a dietitian, personal trainer, physical therapist, or health coach every year	<p>Personal trainers can also set you up with a fitness program you can do in the gym or at home! Specialists can travel to any of the rec centers that work best for you.</p> <p>GET STARTED: Contact Summer Kennedy via email mailto:KennedySu@bouldercolorado.gov to schedule your session with your specialist.</p> <p>Go to www.BPRfitness.org to select your preferred specialist or let Summer Kennedy recommend a specialist that fits your needs.</p>	Once per year

More information online:

- **Well-being@Work program:** Go to Boulder@Work homepage, click on the **Well-being@Work** Logo. Or go to: <https://work.bouldercolorado.gov/wellbeing>
- **Rec Centers** (drop-in fitness or mind/body classes, pool schedules, & childcare): Go to www.BoulderParks-Rec.org.

Questions?

- **Rec Centers questions, contact** Summer Kennedy at kennedysu@bouldercolorado.gov or 303-413-7264
- **Well-being@Work questions, contact:** Dana Wisniewski, Well-being Coordinator wisniewskid@bouldercolorado.gov or 720.564.2071

Boulder Reservoir	Scott Carpenter Pool	Spruce Pool
Address: 5565 N 51st St	Address: 1505 30th St	Address: 2102 Spruce St
Phone: 303-441-3461	Phone: 303-441-3427	Phone: 303-441-3426

North Boulder Recreation Center	South Boulder Recreation Center	East Boulder Community Center
Address: 3170 Broadway	Address: 1360 Gillaspie	Address: 5660 Sioux Dr
Phone: 303-413-7260	Phone: 303-441-3448	Phone: 303-441-4400