

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| 3   | 4  | 5<br><b><u>Walking Wednesday</u></b><br>12:00—12:30 p.m.<br>City Hall Main Lobby   | 6  | 7  |
| 10  | 11<br><b><u>Open Enrollment Begins!</u></b>  | 12<br><b><u>Open Enrollment Info Session</u></b><br>9:00—10:00 a.m.<br>Social Services<br><b><u>Walking Wednesday</u></b><br>12:00—12:30 p.m.<br>City Hall Main Lobby                              | 13   | 14<br><b><u>Open Enrollment Info Session</u></b><br>1:00—2:00 p.m.<br><a href="#">Click here to join the meeting</a>   |
| 17  | 18<br><b><u>Open Enrollment Info Session</u></b><br>7:00—8:00 a.m.<br>Waste Management | 19<br><b><u>Walking Wednesday</u></b><br>12:00—12:30 p.m.<br>City Hall Main Lobby<br><b><u>Open Enrollment Info Session</u></b><br>1:00—2:00p.m.<br><a href="#">Click here to join the meeting</a> | 20<br><b><u>Mobile Mammogram</u></b><br>City Hall<br>8:00 a.m.—3:30 p.m.<br><a href="#">Book your appointment!</a> | 21<br><b><u>Flu Shot/Health Screening Clinic</u></b><br>10:00 a.m.—2:00 p.m.<br>Great Bridge Community Center<br><a href="#">Book your appointment!</a><br><b><u>Open Enrollment Info Session</u></b><br>1:00—2:00 p.m.<br>Central Library<br><b><u>The Step to Get Fit Challenge ends Sunday, October 23!</u></b> |
| 24  | 25<br><b><u>Open Enrollment Info Session</u></b><br>1:00—2:00 p.m.<br>HR Training Room | 26<br><b><u>Walking Wednesday</u></b><br>12:00—12:30 p.m.<br>City Hall Main Lobby  | 27   | 28<br><b><u>Open Enrollment Ends!</u></b>  |
| 31<br><b><u>Last day to submit step logs for the Step to Get Fit Challenge!</u></b> |  |  |  |  |

## Wellness Program Descriptions

**Flu Shot/Health Screening Clinic:** Stop by the Great Bridge Community Center for this **free** employee event! Receive your flu shot and/or a health screening from Optima Health! If you have not already completed the Annual Physical portion (section 2) of your [2022 Wellness Incentive Form](#), the Registered Nurse who performs your health screening can sign off on the form. If you are on the City's health insurance, please bring your insurance card.

**Mobile Mammogram:** This mobile unit is equipped with 3D mammogram technology. Visit is filed with health insurance, so bring your insurance card with you to the appointment. You do not have to be on the City's health insurance to participate. To schedule an appointment, head over to [chesapeakemammo.com](http://chesapeakemammo.com). If you have further questions, call 757-312-6400.

**Open Enrollment Info Session:** Open Enrollment is the time of year to review your benefits and make your changes for 2023! Stop by one of these info sessions to learn about the benefits changes for 2023 and ask any questions that you may have.

**Step to Get Fit Wellness Challenge:** Every step you take is one closer to reaching a healthier, happier you. Join your co-workers in the Step to Get Fit steps challenge! Registration and participation are free. Please contact Kayla Sikes at [kasikes@cityofchesapeake.net](mailto:kasikes@cityofchesapeake.net) if you would like to register.

**Walking Wednesday:** Join us during lunch time while we incorporate more steps into our day. All levels are welcome. Meet in the front lobby in City Hall at the time listed on the calendar on Wednesdays. Not able to make it to City Hall? Email Kayla Sikes to get ideas for walking around your area or to get connected with someone else near you to start a walking group. Please also contact Kayla Sikes if you would like to be put on the email reminder list that goes out every Wednesday morning.

## Wellness Incentive Reminders

If you are a full-time City employee and have not already participated:

- All exams must be completed in 2022. If you are on the City's health plan, your physical can be completed every 305 days, your eye exam can be completed every calendar year, and if you are on the City's dental plan, your dental exam can be completed twice per year.

If you have already submitted your [2022 Wellness Incentive](#):

- There is a comprehensive list of the items covered by Wellness Incentive funds [on this website](#).
- Funds are deposited onto a WageWorks/Health Equity account if you are not on the City's Health Plan, are enrolled in the City's Optima HMO, POS, PPO plan or are enrolled on the Consumer Driven Health Plan, but are not participating in a Health Savings Account:
  - For information on setting up your WageWorks/Health Equity account and/or filing for reimbursements, [click here](#).
  - You will have until March 31, 2023 to submit claims for medical expenses incurred in 2022. If you are submitting reimbursement claims between January 1, 2023 and March 31, 2023, claims must be submitted online, as your Healthcare Debit Card will no longer be active for expenses incurred in 2022.
- If you are enrolled in the City's Consumer Driven Health Plan and participate in a Health Savings Account, your funds will be deposited into your Health Savings Account through Health Equity.