












Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Begin earning your <u>2022 Wellness Incentive!</u></b></p> 	<p>4</p> <p><b><u>Mission Square Retirement Hybrid Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 	<p>5</p> <p><b><u>Mission Square Retirement Plan 1/2 Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 	<p>6</p> <p><b><u>Mission Square Retirement Plan 1/2 Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 	<p>7</p> <p><b><u>Mission Square Retirement Hybrid Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 
<p>10</p>	<p>11</p> <p><b><u>Mission Square Retirement Webinar</u></b></p> <p>1:00—2:00 p.m.</p> 	<p>12</p> <p><b><u>Mission Square Retirement Hybrid Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 	<p>13</p>	<p>14</p> <p><b><u>Mission Square Retirement Hybrid Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 
<p>17</p>	<p>18</p>	<p>19</p> <p><b><u>Optima Digital Lunch n' Learn</u></b></p> <p>12:00—1:00 p.m.</p> 	<p>20</p>	<p>21</p> <p><b><u>Mission Square Retirement Hybrid Consultations</u></b></p> <p>Virtual appointments Sign up in advance</p> 
<p>24</p>	<p>25</p>	<p>26</p> <p><b><u>Mission Square Retirement Webinar</u></b></p> <p>1:00—2:00 p.m.</p> 	<p>27</p>	<p>28</p>
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## Wellness Program Descriptions

**Optima Digital Lunch n' Learn:** This presentation will be given by Dani Hill of Optima Health and will outline a Wellness topic. The webinar link will be available after January 12—contact Kayla Sikes at [kasikes@cityofchesapeake.net](mailto:kasikes@cityofchesapeake.net) for the link. [Click here](#) to view previous webinars.

**Mission Square Retirement 1:1 Consultations:** Join a representative from Mission Square Retirement (previously known as ICMA-RC) for 20 minute individual consultations. Sign up is required. [Click here](#) for VRS Hybrid Plan employees. [Click here](#) for VRS Plan 1 or Plan 2 employees.

**Mission Square Retirement Webinar:** [Click here to sign up](#) for a virtual seminar on a variety of topics presented by a representative from Mission Square Retirement.

## 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.