

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>Parks & Recreation Wellness Challenge Begins!</u>
4 <u>Holiday—City Hall Closed</u>	5	6 <u>Walking Wednesday</u> 12:00—12:30 p.m. City Hall Main Lobby	7	8
11 <u>Pop Up Health Hut</u> 7:00—8:00 a.m. PW Operations <u>Mobile Mammogram</u> City Hall 8:00 a.m.—3:30 p.m. 	12 <u>Pop Up Health Hut</u> 11:00 a.m.—1:00 p.m. City Hall Main Lobby	13 <u>Walking Wednesday</u> 12:00—12:30 p.m. City Hall Main Lobby <u>MissionSquare Retirement Webinar</u> 1:00—2:00 p.m. 	14	15
18	19	20 <u>Walking Wednesday</u> 12:00—12:30 p.m. City Hall Main Lobby <u>Optima Digital Lunch n’ Learn</u> 12:00—1:00 p.m. 	21	22 <u>Fresh Fruit Friday</u> 6:30—7:30 a.m. PW Bridges
25	26	27 <u>Walking Wednesday</u> 12:00—12:30 p.m. City Hall Main Lobby <u>MissionSquare Retirement Webinar</u> 4:00—5:00 p.m. 	28	29 <u>Parks & Recreation Wellness Challenge ends July 31!</u>

Wellness Program Descriptions

Fresh Fruit Friday: Stop by the “A Healthier You” stand to pick up a piece of fruit and enjoy your Friday!

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

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. If you have further questions, call 757-312-6400.

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 July 13— contact Kayla Sikes at kasikes@cityofchesapeake.net for the link. [Click here](#) to view previous webinars.

Parks & Recreation Wellness Challenge: July is Parks & Recreation Month! Celebrate by visiting the beautiful parks that Chesapeake has to offer, and win a prize while doing so! Contact Kayla Sikes at kasikes@cityofchesapeake.net to sign up for this wellness challenge!

Pop Up Health Hut: This month’s theme is Parks & Recreation! Stop by this fun, interactive table to learn some tips to help you be your best self!

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.