

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  |  | 1<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance  | 2  |
| 5<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance   | 6<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance<br><b><u>ICMA-RC Webinar</u></b><br>1:00—2:00 p.m.   | 7<br><b><u>Walking Wednesday</u></b><br>City Hall Main Lobby<br>12:00-12:30 p.m.<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance   | 8<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance  | 9<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance  |
| 12<br><b><u>Meditation Monday</u></b><br>HR Training Room<br>12:00—12:30 p.m.<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance | 13<br><b><u>ICMA-RC Plan 1/2 Consultations</u></b><br>Virtual appointments<br>Sign up in advance<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance | 14<br><b><u>Walking Wednesday</u></b><br>City Hall Main Lobby<br>12:00-12:30 p.m.<br><b><u>ICMA-RC Plan 1/2 Consultations</u></b><br>Virtual appointments<br><b><u>ICMA-RC Webinar</u></b><br>1:00—2:00 p.m.   | 15<br><b><u>ICMA-RC Plan 1/2 Consultations</u></b><br>Virtual appointments<br>Sign up in advance<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance | 16<br><b><u>Mobile Mammogram</u></b><br>City Hall<br>8:00 a.m.—2:00 p.m.                       |
| 19<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance  | 20<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance   | 21<br><b><u>Wellness Wednesday Webinar</u></b><br>10:30—11:00 a.m.<br><b><u>Walking Wednesday</u></b><br>City Hall Main Lobby<br>12:00-12:30 p.m.<br><b><u>Optima Digital Lunch n' Learn</u></b><br>12:00—1:00 p.m.<br><b><u>ICMA-RC Webinar</u></b><br>1:00—2:00 p.m. | 22<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance   | 23<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance |
| 26<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance  | 27<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance   | 28<br><b><u>Walking Wednesday</u></b><br>City Hall Main Lobby<br>12:00-12:30 p.m.  | 29<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance   | 30<br><b><u>ICMA-RC Hybrid Consultations</u></b><br>Virtual appointments<br>Sign up in advance |

## Wellness Program Descriptions

**ICMA-RC 1:1 Consultations:** Join a representative from 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.

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

**Meditation Monday:** Take some time out of your hectic Monday to relax and unwind. This guided meditation will last for 30 minutes, but you can come and go as needed. All levels are welcome. Please be sure to maintain social distancing during this activity.

**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.

**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 April 14—contact Kayla Sikes at [kasikes@cityofchesapeake.net](mailto:kasikes@cityofchesapeake.net) for the link. [Click here](#) to view previous webinars.

**Walking Wednesdays:** 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. Please be sure to maintain social distancing during this activity.

**Wellness Wednesday Webinar:** Join Kayla Sikes, Wellness Coordinator, for this webinar session on different Wellness topics. This month's theme is Spring into Wellness! Click the links on the front page to join.

## Wellness Incentive Reminders

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

- All exams must be completed in 2021. 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 [2021 Wellness Incentive](#):

- There is a comprehensive list of the items covered by Wellness Incentive funds [on this website](#).
- Funds are deposited onto a WageWorks 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 account and/or filing for reimbursements, [click here](#).
  - You will have until March 31, 2022 to submit claims for medical expenses incurred in 2021. If you are submitting reimbursement claims between January 1, 2022 and March 31, 2022, claims must be submitted online, as your Healthcare Debit Card will no longer be active for expenses incurred in 2021.
- 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.