

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	2 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance
5 <u>Open Enrollment Begins</u> <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	6 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	7 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance		9 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance
12 City observed holiday Columbus Day	13 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	14 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	15 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	16 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance
19 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	20 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance	21 <u>Mobile Mammogram</u> City Hall 8:00am—2:00pm <u>Optima Digital Lunch n’ Learn</u> 12:00—1:00 p.m.		23 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance
26 <u>Open Enrollment Ends at</u> <u>5:00 p.m.</u>	27 <u>ICMA-RC Consultations</u> Virtual appointments Sign up in advance		29 <u>ICMA-RC Consultations</u> Virtual appointments 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](#) and [here](#) for VRS Hybrid Plan employees. [Click here](#) for VRS Plan 1 or Plan 2 employees.

Open Enrollment: Open Enrollment is your annual opportunity to enroll or make changes to your medical insurance, dental insurance, vision insurance, flexible spending or health savings account and pre-paid legal. Employees enrolled in Virginia Retirement System Plan 1 or 2 can also request enrollment or decline long term disability coverage. Prepare in advance by reviewing your current benefit elections and contact information by logging into your account in Employee Self Service ([ESS](#)), which can be accessed via the following link <https://ess.cityofchesapeake.net>. Information regarding benefits including plan designs and rates may be viewed by visiting www.optimahealth.com/ches.

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

Wellness Incentive Reminders

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

- All exams must be completed in 2020. 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 [2020 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, 2021 to submit claims for medical expenses incurred in 2020.
- 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.