



City of Gunnison

WELLNESS PROGRAM

The City's Wellness Program, for regular full-time employees, allows reimbursements up **to \$25** for any of the following programs or combination of programs. The amount for part-time employees will be prorated depending upon their current part time status. For Part time-1/2 time employees the amount is \$12.50 and for Part time-3/4 time employees the amount is \$18.75.

Only these designated programs will be eligible for reimbursable expenses. Reimbursements will be made for expenses incurred January 1 through December 31 of the current year.

Unless pre-arrangements have been made by the City's finance department to pay for the charges, the employee is responsible for initial payment at the time the service is rendered. When a receipt (not a copy of the check) is presented to the finance department, reimbursement will be made through regular accounts payable procedures.

All test results will remain confidential with the employee and will not be shared with the employer. Any further testing or medical needs, as a result of these tests, will be the sole responsibility of the employee.

Programs

1. **Cardiac Risk Assessment** – This program is offered through the County Public Health Nurse. The test takes 20 to 30 minutes and requires 12 hours of fasting prior to the test. A "finger-prick" blood test gives readings on total cholesterol, HDL, LDL, the HDL/LDL ratio, glucose level, and triglyceride level. A height/weight ratio is also computed to determine a body mass index. Test results are available immediately. If the test is performed during a scheduled City of Gunnison assessment date, the City will be billed directly.
2. **Gunnison Community Health Fair** – The Health Fair is usually held on a Saturday in April from 6:30 a.m. to noon. Many of the tests mentioned in the Cardiac Risk Assessment program are also provided here along with additional tests. A 12 hour fasting period is required prior to the blood test. The employee will be responsible for payment during the Health Fair. Reimbursement will be made by the City upon presentation of a receipt through normal accounts payable processing.
3. **Hearing Tests** – These tests will be scheduled through the Public Works department depending on employee interest. The test is available to all departments. If the test is performed during a scheduled City of Gunnison assessment date, the City will be billed directly.
4. **Flu Shots** – The flu shots will be scheduled during the fall. Flu shots received during a scheduled City of Gunnison vaccination date will be billed directly to the City.



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5. Examinations – Reimbursement for the following medical examinations will be made by the City upon presentation of a receipt through normal accounts payable processing:
 - a. Eye Exams
 - b. Physicals (including pelvic and prostate exams)(This is a reimbursable expense as long as it is not applied towards the City's Health Insurance under "Wellness Benefit.")

6. Classes and Programs – Reimbursement for the following classes and programs will be made by the City upon presentation of a receipt through normal accounts payable processing:
 - a. Aerobic/Yoga Classes
 - b. Dance Classes
 - c. Health/Fitness Club Membership
 - d. Martial Arts Classes
 - e. Swimming Pool Pass
 - f. Tobacco Cessation Program
 - g. Weight Loss Program
 - h. P&R Benefit Program-see specifics below

Parks and Recreation Benefit Program

The City offers a \$45 benefit that can be used toward any pass or membership for the Community Center, Ice Rink, Cranor Hill or towards any program offered by the Recreation Department (hockey is not a City program). This benefit does not apply to any "team fee".

The benefit is available to the employee only with the exception of purchasing a multiple person pass or program such as a family or couples pass or a parent/tot swim program if the employee is included in that membership/pass.

To use this benefit, please notify the Parks and Recreation front desk employees that you are an employee and would like to use the \$45 benefit towards your membership pass or program. The amount will be deducted from your total amount paid to the City of Gunnison for the pass or program. The amount for part-time employees will be prorated depending upon their current part time status. For Part time-1/2 time employees the amount is \$22.50 and for the Part time-3/4 time employees the amount is \$33.75.

This benefit is redeemable as of January 1, 2010.

The City also offers a \$25 wellness benefit that may also be used with the P&R benefit. To redeem the \$25 wellness amount, you must submit the receipt to your supervisor who will then submit a voucher and the receipt to Tammy Shelafo. A reimbursement check will be issued in the employee's name. Again this \$25 Wellness benefit will be prorated for part time employees. For Part time-1/2 time employees the amount is \$12.50 and for Part time-3/4 time employees the amount is \$18.75.