

Wilco One

Well - Being Program



WILCO
ONE

one **body** one **mind** one **you** one place





Be Your Own Health Hero!



Welcome to your Wilco One Well-being Program. We offer lots of exciting opportunities for you and your family to remain healthy and engaged in your own well-being.

With the current changing landscape of healthcare, individuals must be not only knowledgeable but active participants in their own health. This means living a healthy and active lifestyle, properly using health care options, understanding benefits and programs offered, and participating in preventative care through the year.

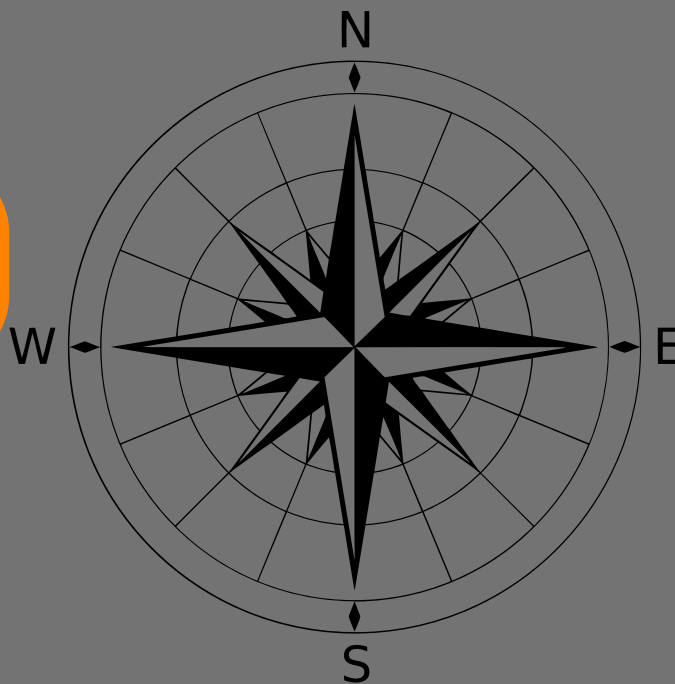
Wilco is a self-funded entity, meaning the County, as well as every employee, shares in the healthcare costs. The way we reduce overall costs, co-pays, deductibles, healthcare spending and bring in more benefits is to have an employee base that is healthy and engaged.

This year our theme is Be Your Own Health Hero and we encourage you take control of your own health by using the following programs on your health journey.

Benefits Compass

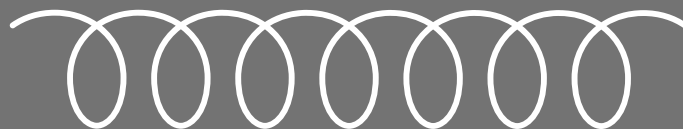
**Benefits Portal:
All Wilco benefit info**

**Liveandworkwell.com
Employee Well-Being**



**Myuhc.com:
Medical, Dental,
Vision**

**Virgin Pulse:
Wellness Platform**



Use your Benefits Compass to navigate your benefits resources!

Wellness Actions

The Wellness Actions are actions that an employee and their spouse covered on a Williamson County Medical Plan will need to do each year in order to remain at the discounted medical premium rate. Failure to do the actions will result in medical premiums being raised by \$100 per month for the following year.

All actions/points must be accounted for and completed in the Virgin Pulse system by **12/01/24**. Please note, biometric forms can take 3 - 14 days for processing time

No exceptions, extensions, grace periods, or appeals for missing the deadline.

Health Check Survey



The Health Check Survey is intended to have each individual answer questions about their health and habits so they can see where their current health lies and how they may improve it.

Physical Exam



The physical exam is intended for each individual to see a doctor at least one time a year to discuss health issues as well as get help and education about improving health or well-being.

Biometric Form



The Biometric Screening Lab work is intended for each individual to have blood work done so they can know their health numbers, speak with their doctor about results, and improve health outcomes and well-being.

Individuals may also choose to earn points during the year that will satisfy the wellness action requirements. Employees/Spouses choosing to earn points rather than complete the above 3 items will need to earn 10,000 points by engaging with the program during the year in the Virgin Pulse system to qualify for the discounted rate.

See Benefits Portal or contact benefits team for more information

Quick Program Guide

UHC Programs

Real appeal

Lifestyle weightloss program through UHC
enroll.realappeal.com

KAIA

A convenient and holistic digital
Musculoskeletal support solution
Download app on your phone

Employee Assistance Program

Our EAP provides many resources including
mental health, financial and legal consults, id
theft resources and more.

866-374-6061 or
24 hour access online at:
liveandworkwell.com
Access code: wilco

Gym Discounts

Monthly Gym Discount Programs

Choose from a network of gyms and
facilities for one low price:

Active&Fit Direct Program

One Pass Select Program

Local Fitness Discounts

Discounts available to local programs:

Camp Gladiator - 10% off memberships

YMCA - Local Rates apply

Nicotine Cessation program

The nicotine cessation program is open for any
employee who would like support in stopping
the use of nicotine products.

Reasonable Alternative Program

To complete the Reasonable Alternative
Program and remove the \$100 a month charge
from your medical premium, you must
complete four (4) telephonic coaching sessions
(20 minutes each) over the 3 -month period (1
call per month) through Virgin Pulse. The
charge will remain if completion of all 4
coaching sessions are not met.

Runs January through March 2024

Virgin Pulse>Rewards>Coaching> 4 online
coaching appointments

Employee Discounts

Discounts available on a wide range of items,
including tech, travel, and more.

Beneplace Discount Portal

<https://wilco.savings.beneplace.com>

Fast Park and Relax (Austin Airport)

<https://www.thefastpark.com/>

Code: F6D3P8

Acupuncture

Expanded option under medical
plans

Massage Reimbursement

up to \$40 once per quarter (total 4
times a year)



See Benefits Portal or contact benefits team for more information