

2025

Wilco One

Well - Being Program



WILCO ONE

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



Engaging in your well-being program

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.

Your active participation in the well-being program helps keep your medical premiums and out-of-pocket costs low. You can actively participate by:

- **Completing preventative health screenings**
- **Live a healthy and Active Lifestyle**
- **Understand and use offered benefits/programs**

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 “Game Changer” as we work to change the game of employee health by offering onsite wellness screenings and programs.

Benefits Team Contact:

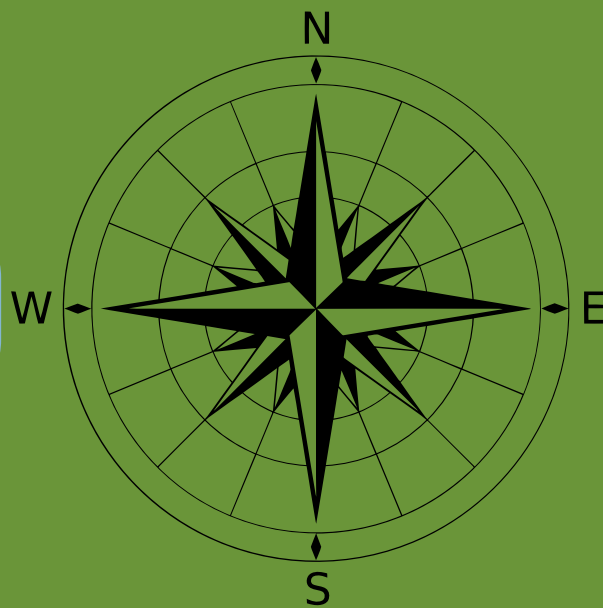
Benefitsteam@wilco.org

Benefits Compass

How to find information!

**Benefits Portal:
All Wilco benefit info**

**Liveandworkwell.com
Employee Well-Being**



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

**Personify (formally 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 Personify Health system by **12/01/25**. Please note, biometric forms can take 3 - 14 days for processing time.

Please go to www.join.personifyhealth.com/wilco to enroll or sign in.

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.

Member completes in Personify Health System

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.

Member must enter date of exam in the Personify Health System

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.

Member must submit form in Personify Health System and must show as complete in the system.

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 30,000 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
<https://kaiahealth.com/>

Calm via Myuhc.com

An app that provides meditation and stress reduction resources

Employee Assistance Program

Our EAP provides many resources including mental health, financial and legal consults, Identity theft resources and more.
Employees and dependents receive 6 free mental health visits per issue.

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

Monthly Gym Discount Programs

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

***Active&Fit Direct Program**

One Pass Select Program
www.onepassselect.com

Local Fitness Discounts

Discounts available to local programs:

***Camp Gladiator - 10% off memberships**

***YMCA - Local Rates apply**

Gym Discounts

Quick Program Guide

Reasonable Alternative Program

New Quit4Life Program For Nicotine: To complete the Reasonable Alternative Program and remove the \$100 a month charge from your medical premium, you must complete four (5) telephonic coaching sessions (3 group and 2 individual) through the Quit4Life program

Can be completed anytime during the plan year

[Quitnow.net](https://quitnow.net)

1-886-Quit-4-Life

Available for employees and Spouses on a Wilco Medical Plan.

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

Massage Reimbursement

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

<https://forms.wilco.org/Forms/massagereimbursement>

See Benefits Portal or contact benefits team for more information