

City of Mishawaka Wellness Program

Employees and spouses who are covered under the City of Mishawaka Employee Health Insurance Plan have the opportunity to earn a premium discount by completing both of the following requirements:

- 1) A biometric screening at the Health and Wellness Center. This consists of a blood test, height and weight measurement, blood pressure test, etc.
- 2) Complete a coaching session with the Health and Wellness Center staff.

Current Employees

If you and your spouse (if covered) complete the above wellness steps between January 1, 2017 and August 31, 2018 you will earn a premium discount during the 2019 calendar year.

New Employees

When you first enroll in medical coverage, you will automatically receive the wellness discount. You and your spouse (if covered) have until the end of the month following the month in which you were hired to complete the three steps above. If you and your spouse (if covered) do not complete the steps in the allotted time, you will be charged the higher, non-wellness, premiums on your next paycheck after the deadline.

To qualify, please follow these steps:

1. Call the Center at 574-314-5950 to arrange your biometric screening.
2. After your screening appointment, you will be asked to schedule your coaching session.

Note: You may earn a partial discount if only you or your spouse (but not both) complete the requirements.

The City of Mishawaka is committed to helping you improve your health through the wellness program. To that end, we offer a premium discount by completing all the steps. Your covered spouse is also eligible for the same premium discount if he or she completes all the steps. If you believe you are unable to meet a standard for a reward under this program, you may qualify to earn the same reward by a different means. Please contact your HR department at 574-258-1615 and we will work with you (and if you wish, with your doctor) to find an alternative program with the same reward that is right for you. If you are on an approved leave of absence or medical leave, you will still have the opportunity to participate in the wellness program. Because reasons for leaves of absence differ, the City will provide reasonable accommodations upon request, or may, at its discretion, waive the wellness requirements for all or part of the approved leave.