



The City of Rockville's

LiveWell Employee Wellness Program

New Employee Reference Guide

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Reference Guide to the City of Rockville's LiveWell Employee Wellness Program

Welcome to the city!

As a new employee, you have full access to one of the greatest perks in your benefits package: the employee wellness program, LiveWell. The city cares about your health and wellbeing and is proud to offer LiveWell to help us all find ways to balance the demands of life and manage our health. The city believes this will not only extend the **length** of our lives but will improve the **quality** of our lives.

A **sampling** of the opportunities, events and resources LiveWell provides for employees:

Program Opportunities:

- Health Assessment (to earn a discount on your health insurance- see page 3 for details)
- Access to the City's wellness portal: <https://rockville.wellright.com>
 - The "portal" is LiveWell's secure Web site that you can customize to meet your needs. The site includes health tools and trackers to help you manage your health, so you can:
 - Participate in over 200 challenges
 - Track your health and wellness activities through the website or mobile app
 - Take a health assessment and get personalized feedback
 - Access reliable health information
 - Earn gift cards for participation and more
- Free membership at City facilities/recreation centers (see page 5 or i-rock)
- Wellness Steering Committee
 - Representatives from every department help shape the program
 - New members are welcome- please contact me for details

Program Events:

- Annual Health Fair
 - Take advantage of free screenings like cholesterol and glucose, one-on-one consultations with doctors and health professionals, massages, and more
- Healthy Lifestyle Programs
 - Work toward healthier lifestyles through programs or challenges that encourage weight-loss or maintenance, increased physical activity, or other lifestyle behavior changes
 - Examples: Rocktober, Go Green, Maintain Don't Gain

Ongoing Program Services and Resources: (offered on-site)

- Free health promotion counseling and coaching
- Free monthly blood pressure and body composition analysis
- Free flu shot clinics
- Discounted exercise programs
- Discounted massages



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- Free seminars on timely health topics

The following pages include more details on the portal, health assessment, and other program opportunities to help you become more familiar with what LiveWell has to offer. Please feel free to contact me with any questions. My office is located in City Hall, next to the Employee Lounge.

I look forward to getting to know you and again, welcome to the city!

Sincerely,

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Opportunities in more detail: Health Assessment (HA) during Open Enrollment

The HA is a health awareness tool available for all benefited employees every year during Open Enrollment. If you plan to use health insurance through the city, participating in the HA will earn you a discount on your insurance for the next calendar year.

Overview: If you have health insurance through the city, you can earn a discount on your paycheck if you take a brief, online survey called a health assessment (HA). Taking the HA includes entering your biometric numbers (Total Cholesterol, HDL Cholesterol, blood pressure, height and weight) and filling out other questions about health habits.

Please note: The HA is completely optional.* It is offered as a tool and resource for employees to urge all of us to be aware of our health and be active in leading healthy lives. It asks questions about your health habits and gives you a personalized report about your health status. The report highlights areas of strengths and then provides helpful resources and information for other areas.

As a new employee, if you decide to participate in one of the city's health insurance options, you will receive the standard rates at the time of hire. You have 90 days from your date of hire to complete the HA requirements and submit them to HR to receive your discount, retroactively from date of completion. **Whether or not you have health insurance through the city, you are invited to take the health assessment.**

The HA data is managed by a third party company, WellRight, and **is completely confidential and secure. Your personally identifiable information is not shared with the city or insurance companies.*

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City of Rockville Employee and Family Member Discounts

RECREATION CLASSES AND CAMPS	SENIOR CENTER	CIVIC CENTER - GLENVIEW MANSION	SWIM & FITNESS CENTER	TCRC/LPCC/TFCC NATURE CENTER & CLIMBING GYM	REDGATE GOLF COURSE
Employee receives a 40% discount on registration fee for recreation activities and 10% discount for trips (excluding overnight trips). Family member receives a 10% discount on recreation activities (excluding adult team sports), summer camps, playgrounds, childcare, and trips.	Employee receives a FREE membership (age requirement is 60 years of age), a 40% discount on classes, 10% discount on senior trips (excluding overnight trips), and a 10% discount on rentals (no age requirement). Family member receives a 10% discount on memberships, and a 10% discount on classes and trips (excluding overnight trips).	Employees and family members receive a 10% discount on all Civic Center fees and a 10% discount on Glenview Mansion rentals. <i>All Rentals require the rental to be in employee's name and they must be present for the event.</i>	Employee receives a FREE individual membership or a 50% discount on a family membership. Family members receive a 50% discount on the membership fees. Family members receive the resident rate for a daily swim pass. Employees are admitted free. Employees and family members receive the pass holder rate for swim classes. Employees receive a 10% discount on rentals.	Employee receives a FREE individual membership or a 50% discount on a family membership. Family members receive a 50% discount on the membership fees. Employee receives a 10% discount on rentals and birthday parties. Employee and family members pay discounted rate of \$8 for fitness room training at TFCC.	Employee and family members receive a 40% discount for Greens Fees only. <i>This discount is available all day Monday through Thursday, after 4 p.m. on Saturday and Sunday. Excludes Holidays and Fridays.</i>

NOTE: In order for family members of employees to take advantage of the discounts at the Community Centers, Swim Center and Golf Course they must obtain a Recreation ID card. This photo ID is available at all Centers (excluding Nature Center) during normal business hours and will cost \$2.00 per family member. Employees may obtain this card free of charge.

- All discounts are based on the resident/nonresident status of the employee or retiree. Regular benefits eligible employees, retirees, their spouse, and children residing in their house qualify for this discount.
- Discount does not apply for amusement park tickets, concert tickets, or special event productions.

Effective February 1999. (Rev. Feb. 2000), (Rev. 8/12/03), (Rev. 12/22/04) (Rev. 5/6/09) (Rev. 5/7/09)

Rec Services/Superintendent Files/Employee & Family member discounts 5-09