

ACTIVITY

In the **ACTIVITY** section of the scorecard, you will find a variety of ways to earn points. If you have a compatible fitness device, you can link your device and earn up to six points daily for activity/steps. You can also earn points by participating in community walks/runs/bikes, working out, and participating in activity challenges during the year.

AWARENESS

In the **AWARENESS** section of the scorecard, you can earn points by viewing presentations and participating in well-being challenges. Presentations are available to view on the scorecard to earn points. Well-being challenges have included topics such as nutrition, screen time, mental health, gratitude and more. These challenges are typically tracked on paper using a self-reported log.

HEALTHY CHOICES

In the **HEALTHY CHOICES** section of the scorecard, you can earn points by participating in a fitness assessment, doing community volunteering, participating in a tobacco cessation program, self-reporting your weight each month, and completing the annual Health 1265 survey.

PREVENTION

In the **PREVENTION** section of the scorecard, you can earn points by completing a Health Assessment and MD Alert (if applicable). To earn the insurance reduction, you will want to earn 400 points in this category by completing the requirements that apply to you and/or your spouse. You will also earn additional points based on your Health Assessment score, completing employee dental cleanings, and receiving your flu shot.



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Health | 1265

NOVEMBER 1<sup>ST</sup> - OCTOBER 31<sup>ST</sup>

## WHAT IS IT?

Health 1265 is the well-being program offered to City of Green Bay employees. The program title (Health 1265) is a nod to our Green Bay Packers as “1265 Lombardi” is the address of Lambeau Field. Points can be earned by completing activities in these four categories:

**ACTIVITY**  
**HEALTHY CHOICES**

**AWARENESS**  
**PREVENTION**

## WHY PARTICIPATE?

Health 1265 gives employees on the City’s health plan and/or FSP (FAMILY SAVINGS PLAN), an opportunity to reduce their health insurance premium contribution to 11.5% (from 15%) by earning 1265 points and meeting the requirements. Even if you are not on the City’s insurance, you can still participate and earn incentives by earning points on the scorecard.

## WHAT KIND OF INCENTIVES CAN I EARN?

Aside from earning the insurance rate reduction, you can also earn additional prizes including gift cards, gift baskets, Packers autographed memorabilia, Packer tickets (when available) and many other prizes. These prizes are given away after the scorecard closes and there are prizes throughout the year that can be won with participation in challenges.

## HOW DOES IT WORK?

We utilize the Motion Connected platform for our Health 1265 program. Once you create an account through Motion Connected, you can earn a one-time \$55 benefit to be used towards the purchase of a fitness device. Creating an account allows you to begin earning points towards incentives in the four categories.

## HOW DO I SIGN UP?

Motion Connected is our online platform for the well-being program.

Go to [www.motionconnected.com](http://www.motionconnected.com) OR download the Motion Connected app on your smart phone.



If you are new, tap “Create Account” & use activation code: 60C-1524A-D3B

Once you sign up for an account, you will receive a one-time \$55 benefit added to an upcoming paycheck. This benefit can be used towards the purchase of a fitness device.

The Motion Connected platform is compatible with Garmin, Fitbit, Apple, and any device that can sync with Google Fit or Apple Health.

Once you have an account, you can “Link Your Device” by going to the “Link Device” tab on your account.

Now that you have an account, you can view your current scorecard and track your points.

[www.motionconnected.com](http://www.motionconnected.com)

## TESTIMONIALS

*“Being part of the City of Green Bay family and the Health 1265 wellness program has changed my life. The support and encouragement we receive on a daily basis is remarkable.”*

*“I can’t say enough about the positive impact Health 1265 has had on both my physical and mental health. It has made me a better employee, better spouse, and a more active member of the community.”*

*“The 1265 Program has helped me reach my personal health goals through education, incentives and support. At times the journey seemed long but the destination was worth the effort. The activities and challenges are very engaging and fun as well as being attainable. Each year the program offers something new and exciting!”*

*“The 1265 program is more than just a discount to your insurance premium – it really is a wellness program. If you use the tools to hold yourself accountable and just be aware of your overall health status, you can make little, incremental changes to your day-to-day life that can have an enormous impact on your overall health and quality of life. My life has changed so much for the better since starting the 1265 program.”*