



Wellness Program with Corporate Health Partners

At Union City, we strive to help our employees achieve their health and wellbeing goals that **allows their minds, bodies, and spirits to thrive**. Luckily, employees have access to a well rounded wellness programs that can encourage them to live their healthiest and happiest lives year round!

Earn Points, Get Rewarded:

- **Activities & Challenges:** Participate in health challenges, attend educational sessions, and complete online wellness programs to earn points.
- **Preventative Care:** Get rewarded for completing preventive exams like vision checks, dental cleanings, and screenings for various health conditions.
- **Healthy Habits:** Track your food intake or exercise routine to earn points.
- **Community & Fitness:** Participate in community wellness activities, walks, or races.

Health Coaching & Support:

- **Personalized Guidance:** Receive one-on-one coaching sessions to understand your health risks, set goals, and make positive changes.
- **Flexible Scheduling:** Coaching sessions are convenient and tailored to your work schedule.
- **Confidentiality:** All coaching sessions are private and confidential.

Incentives & Benefits:

- **Reduced Premiums:** Earn a lower premium by completing program phases. To keep the reduced premium benefit for the next program year, complete specific phases in both the current and upcoming program year.
- **Wellness Days Off:** Earn paid time off for reaching activity point goals.
- **Bonus Rewards:** Be among the first three participants to reach the highest activity points and win gift cards.

