



# ANNOUNCING DOV WELLNESS PROGRAMS FOR 2017

**Eligibility:** Must be a priest, seminarian, full-time employee or spouse insured through the diocesan health insurance plan

## MONETARY INCENTIVES THROUGH WebMD

Complete your HQ on WebMD and receive a \$150.00 Visa gift card

Accumulate 300 points from any of the following activities and receive a \$300.00 Visa gift card:

Action	Points
• Get an annual physical, mammogram, colonoscopy or PSA test. Provide your physician's name and appointment dates for qualifying visits and/or exams on the "WebMD Rewards Lobby" page.	100
• Complete health calls with a WebMD health coach – 25 points per session up to 5 sessions	125
• Bonus points for completing 5 sessions	25
• Complete your biometric screening – Home Test Kit	75
• Participate in a WebMD Wellness Challenge	50
• Complete any goal with My Health Assistant – maximum of 2	100
• Walk a total of 400,000 steps between 9/1 and 11/30/17	50
• Use Wellness At Your side mobile app for the first time	20
• Visit WebMD Rewards Lobby for articles or surveys on the following:	
○ Learn how to exercise for health	15
○ Learn about blood sugar	15
○ Learn about cholesterol	15
○ Learn about heart health	15
○ Learn about high bold pressure	15
○ Take charge of stress	15
○ Take charge of your weight	15

## **MONETARY INCENTIVES THROUGH DOV**

- Earn up to \$300.00 through participation in the DOV walking challenges:
  - Average 10,000 steps per day beginning March 1<sup>st</sup> and ending April 30<sup>th</sup> and receive \$150.00. Averaging 7,500 steps per day will earn you \$60.00.
  - Average 10,000 steps per day beginning October 1, 2017 and ending November 30<sup>th</sup> and receive \$150.00. Averaging 7,500 steps per day will earn you \$60.00.
  - If unable to participate in a physical challenge, contact Mike Brown in the Business Office for an alternative program

**VALUE OF TOTAL INCENTIVES FOR ELIGIBLE EMPLOYEES AND  
SPOUSES \$750.00**

## **ADDITIONAL WELLNESS PROGRAMS:**

### **SPIRITUAL AND PSYCHOLOGICAL WELL BEING**

- Receive up to six sessions combined spiritual direction or psychological counseling at the Emmaus Center.

**GYM MEMBERSHIPS or WEIGHT WATCHERS (see attached flyers)**



**SHOW YOUR TRUE COLORS**  
**And choose how you start to lose**

Reta Trust is committed to helping you reach your weight-loss goals and improve your overall health by offering a **subsidy** on the Weight Watchers® offerings listed below.

With Weight Watchers proven, personalized approach to weight loss through food and fitness, you can achieve a healthier, more fulfilling lifestyle that is not only measured in numbers but around the whole you.

Weight Watchers Meetings*		Weight Watchers OnlinePlus**	
Enjoy convenient meetings in your workplace and unlimited meetings in your local community		Easily follow the plan step-by-step entirely online with digital and mobile tools <sup>†</sup> , including:	
<ul style="list-style-type: none"> <li>• Our BEST value</li> <li>• Includes access to our full suite of digital tools to help you stay on track between meetings</li> <li>• Receive guidance and motivation from a Leader who has been in your shoes and has lost weight on Weight Watchers</li> <li>• Gain access to tools and strategies from people facing the same challenges, and encouragement to keep going</li> </ul>		<ul style="list-style-type: none"> <li>• Food and activity trackers, recipe building tools, restaurant guides and much more</li> <li>• Connect with our online community, day or night, for inspiration and motivation</li> <li>• 24/7 Expert Chat when you need support to stay on track</li> </ul>	
Monthly Pricing	\$36.50	Monthly Pricing	\$16.10
Subsidy	100%	Subsidy	100%
Your Monthly Cost	\$0	Your Monthly Cost	\$0

To purchase either of these Weight Watchers offerings, or for more information, visit <https://wellness.weightwatchers.com>

**Employer ID: 66231**

**Employer Passcode: ww66231**

If you experience any problems with this site, please call the Weight Watchers Wellness Hotline at 866-204-2885.

\* Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.  
 \*\* OnlinePlus subscription will be automatically renewed each month and you will be charged in accordance with your company's pricing until you cancel.  
 † Digital tools and apps available only with OnlinePlus or eTools subscription. Apps available for iOS and Android devices.  
 © 2016 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS registered trademark

## **Diocese of Victoria Wellness Program**

Health Clubs Participating in the DOV Wellness Program by Location:

### **Cuero**

**Cuero Wellness Center**  
701 N. Esplanade  
361-275-9355

### **Hallettsville**

**Lavaca Medical Center**  
1400 North Texana St  
361-798-3671

### **Port Lavaca**

**YMCA**  
1300 N. Virginia St.  
361-551-2562

### **Schulenburg**

**Family Fitness & Rehab**  
80 N. Kessler  
979-743-4109

### **Schulenburg**

**Anytime Fitness**  
501 N Main Street  
979-505-5055

### **Victoria**

**DeTar Health Center**  
4204 N. Laurent  
361-576-5884

### **Victoria**

**YMCA**  
1806 N. Nimitz St.  
361-575-0511

### **Victoria**

**Citizens HealthPlex**  
9406 Zac Lentz Parkway  
361-570-5433

Every facility has a different method for tracking your participation. Please make sure and follow the requirements at the facility you join in order to be eligible to receive reimbursement. The Diocese will reimburse each participant ½ of the monthly fee (maximum \$30) if the participant works out a minimum of 10 times per calendar month. If the facility requires a sign-up fee, the Diocese will be invoiced for this fee.