



WELLNESS

Without good health, you cannot be your best self at home, at play, or at work. That's why we're investing in you with the City of Portland Employee Wellness Program. See below for the 2024-2025 wellness criteria to **save up to \$1,619.80 for the year on your health insurance premium.**

1

Register or log onto your Wellness Portal

Start by visiting cityofportland.wellnessworkdays.com or scanning the QR code to register or log on to access everything the wellness program has to offer. You do not need to re-register if you participated last year.

Your wellness portal is encrypted & firewall-protected so your information is secure. No personal health information will ever be shared with your employer!



Returning Users:

1. Visit cityofportland.wellnessworkdays.com
2. Enter **cityofportland** (one word, no spaces) in the Company field
3. Enter your Member ID, which is your **5-digit employee ID number**
4. Enter your password, then log in!

New Users:

1. Visit cityofportland.wellnessworkdays.com
2. Scroll down to **NEW USERS** and click **REGISTER**, then click **ACCEPT** at the bottom of the privacy notices
3. Enter **cityofportland** (one word, no spaces) in the Company field
4. Enter your Member ID (your **5-digit employee ID number**)
5. Enter your date of birth and preferred email
6. Click **REGISTER**
7. Create a password, then log in!

2

★ Complete a Biometric Screening (Required)

Attend a scheduled screening event at one of the city locations or visit your healthcare provider and submit your results to your Health Coach. See details on page 2.

3

Participate in Additional Wellness Activities

Complete your choice of wellness activities on or before **May 31st, 2025**. Each activity earns you an **insurance premium discount**. Complete at least four, along with a biometric screening, to achieve the full discounted insurance premium! See page 2 for more details on the available activities.

4

Celebrate!

In addition to the opportunity to participate in diverse wellness programming and free health coaching, **full-time employees who earn the full discount will pay \$0 out of pocket for employee-only coverage!**

2024-2025 Wellness Activities

Complete a Biometric Screening

You must complete a biometric screening to earn the full annual health insurance premium discount, regardless of how many other wellness activities you complete.

- **Option 1** - Attend a screening event at a City location. Biometric appointments are approximately 15 minutes long. Your health coach will check your weight, blood pressure, and waist circumference and do a finger stick to check your cholesterol and A1C. Your results will be explained at your appointment. Schedule a screening appointment on your [wellness portal](#).
- **Option 2** - Complete a screening with your healthcare provider and submit a completed Healthcare Provider Biometric Form (located in the Resources section on the [wellness portal](#)) to your Health Coach via the Message Your Health Coach function.

Complete Four Additional Wellness Activities

Each activity is worth up to \$323.96 in annual savings!
Visit your [wellness portal](#) to participate.

Meet with a Health Coach Three (3) Times

Behavior change happens with accountability, support, and consistency. Your Health Coaches are here to help you every step of the way. Complete three (3) health coaching sessions by May 31st, 2025 to check off this activity. Your first session must be scheduled by April 15th, 2025.

Preventative Exam

Upload proof of your completed preventative exam (annual physical, eye exam, dental exam, or other recommended screening) in the Preventative Exam section on your wellness portal.

Wellness Scorecard

Complete this 15-minute questionnaire on your wellness portal anytime on or before May 31st, 2025 to learn more about your health.

Multi-Week Programs and Challenges (Earn credit for up to two (2) activities)

Complete any of the multi-week programs or challenges offered this plan year. Details of upcoming events will be sent via email.

Complete a Tracker (Earn credit for up to two (2) activities)

Achieve your health and wellness goals by completing a tracker on your wellness portal. Visit the Trackers section of your portal and choose the trackers that interest you.

Group Health Coaching (Earn credit for up to two (2) activities)

Participate in Group Health Coaching Programs offered virtually this plan year. These four-week sessions include education & peer discussion facilitated by your Health Coach. Details of upcoming events will be sent via email.

