

# Frequently Asked Questions

## What if I cannot get my mandatory 6,000 steps in?

If you are unable to get your steps in, please contact Christine at [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org). Each case may be handled differently depending on the situation.

## What if I lose my Fitbit, can I get another one?

Multiple FitBits for each person are not budgeted, but a new FitBit can be offered through payroll deductions.

## Can I purchase a FitBit on my own?

Of course! Just note that FitBit's purchased by the employee cannot be reimbursed.

## What if I agree to partake in program and do NOT fulfill my requirements (which would be Options A or B)?

Depending on how many points or requirements you do not complete, the remaining monetary balance will be deducted from payroll deduction.

## How do I stay up to date on this program?

Posts are sent out monthly via email through your City email account. You can also stay up to date by following the City employee Facebook page.

## Do I qualify?

All full time City employees qualify. If you are retiring or leaving the City before June 1, 2019, please contact Christine at [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org).

## Is the information between the Fitness & Wellness Specialist and the City employee confidential?

Yes! Everything discussed between the City employee and the Fitness & Wellness Specialist will be kept confidential.



# 2019 - 2020 Employee Wellness Registration Form

NAME: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

EMAIL: \_\_\_\_\_

CELL NUMBER: \_\_\_\_\_

In order to participate in the City's Fit4Life (Wellness) Program, I understand that I must be a full-time employee for the duration of the program, or I will reimburse the remainder of what I owe. No confidential medical information will be shared. I hereby release the City of Cape Girardeau, its employees and agents, from any and all responsibilities and claims arising out of any injuries or damages I may suffer as a result of my participation in the City's Fit4Life Program. I understand that participation in the City's Fit4Life program is strictly voluntary and therefore at my own risk. I have read the full requirement and agree to fulfill the wellness program.

**This registration form is effective from August 1, 2019 to May 31, 2020.**

I agree to partake in the Fit4Life Program and would like to choose option (circle one):

OPTION A

OPTION B1

OPTION B2

OPTION B3

OPTION C

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

*Thanks for taking part in the Employee Wellness Program Fit4Life!*

CONTACT: Christine Jaegers, Fitness & Wellness Specialist

EMAIL: [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org)

PHONE: 573.339.6604

OFFICE: Osage Centre | 1625 N. Kingshighway

[www.cityofcape.org/fit4life](http://www.cityofcape.org/fit4life)

# CITY OF CAPE GIRARDEAU EMPLOYEE WELLNESS

August 2019 - May 2020

Fit4Life is the City of Cape Girardeau Employee Wellness Program that provides a wide variety of programs and services to positively influence overall well-being to all full time employees. There is no cost to partake in the program and a variety of options to make fit your lifestyle. All activity tracked through Wellness Passport.



CITY of CAPE  
GIRARDEAU

# EMPLOYEE WELLNESS PACKAGES

## OPTION A

**Prize: New FitBit or FitBit Upgrade!**

**FitBit Prize:** You will receive a FitBit Inspire model or upgrade to a FitBit model of Choice (you pay difference through payroll). Find all the FitBit options available at [www.fitbit.com](http://www.fitbit.com).

**How It Works:** You will receive your FitBit before the program begins. If you do not complete the program requirements, your remaining balance of the FitBit will be withdrawn from your paycheck at the end of the program. If you leave the City before completing the program, your remaining balance will be withdrawn from your last paycheck. See Program Requirements for full understanding of program/ agreement.

## OPTION B

**Prize: Choose A Package Below!**

### Option B1: Active Fitness Package

On August 1, 2019 you will receive a pass for 24 group fitness classes, one nutrition consultation and one set of walking weights.

### Option B2: Cooking Healthy Package

Choice of either an InstaPot OR an AirFryer.

### Option B3: Equipment Package

Home gym equipment with options that vary depending on your preference: stability ball, weights, bands, BOSU, scale.

**How It Works:** If you do not complete the program requirements, your remaining balance of the package will be withdrawn from your paycheck at the end of the program. If you leave the City before completing program, your remaining balance will be withdrawn from your last paycheck. See Program Requirements for full understanding of program/ agreement.

## OPTION C

**Earn Your Points First!**

Earn Points throughout the program, which runs from August 2019 through May 2020. At end of program, pick the award of your choice. The more points you earn the more options of awards. NO minimum points or activity needed for Option C.



**Earn a  
FREE  
FitBit!**

## PROGRAM REQUIREMENTS FOR OPTIONS A & B

- ▶ Attend the Employee Health Fair: Know Your Numbers scheduled for October 2019, OR have an annual wellness visit with your physician by December 31, 2019.
- ▶ Average 6,000 steps per day. Join the Walker Tracker app for easy tracking, or submit monthly reports.
- ▶ Earn a minimum of 50 points by June 1, 2020.

Fitness Class	5 Points / Class
Gym Usage/Workout	1 Point / Workout
Monthly Wellness Wednesdays	5 Points / Visit
Monthly Wellness Seminars	10 Points / Seminar
Monthly Wellness Challenge	10 Points / Challenge
Physician Routine Visit	10 Points / Check Up
Bonus Events	10 Points / Event

