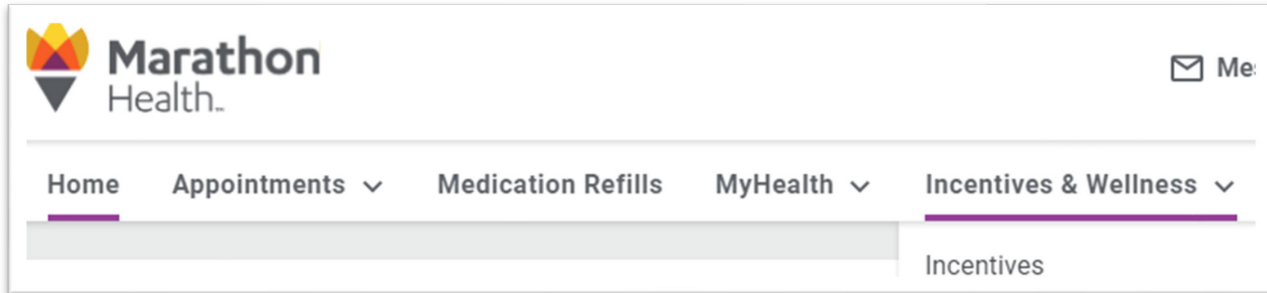


City Of Grand Junction Wellness Program: Getting Started

Here is information on how you can participate in the 2024 Wellness Incentive Program and reduce your monthly health insurance premium.

Our Wellness Incentive Program is managed through the Marathon e-portal. To get started, you must sign up for an account (<https://my.marathon-health.com/login>). If you need assistance with this step, please call Marathon's Help Line at (866)-434-3255.

Once you are logged in to the Marathon e-portal, click on the "Incentives and Wellness" tab at the top, then "Incentives."



Starting in January 2024, you will see the "2024 Grand Junction Incentive Program" with an explanation of the program:


Physical: Complete the three mandatory elements (biometric screening, health risk assessment, and a follow-up visit at the Sage Health and Wellness Center or with your physician) to earn three points and **\$25/month off** your health insurance premium.

Additional Activities: In addition to the "Physical" activities above, complete the following categories to earn five additional points and increase your reward to **\$45/month off** your health insurance premium.

- **Financial**
 - Example activities: meet with your financial advisor, take a financial planning class or listen to a podcast, or develop a family budget.
- **Career**
 - Example activities: complete on-the-job training, read a professional development book, or take a class on communication.
- **Social**
 - Example activities: volunteer or provide community service, participate in a community event, take a class at a local venue, go to a sports game, or participate in a departmental wellness challenge.
- **Overall Well-being**
 - Example activities: participate in a health coaching session, be tobacco-free or complete a smoking cessation course, complete a preventative exam, get a vaccination or massage, take a yoga class.
- **Mental**
 - Example activities: complete a behavioral coaching appointment, practice mindfulness, start a journal, take a drive in the mountains, or complete a self-care activity.

Scroll down the page to "Incentive Program Goals" and start logging your activities.

Incentive Program Goals

 Goal Status Key

Select a goal below to learn more about how to complete the activity and earn towards your incentive program.

Questions? Please contact Wanda Winkelmann at wandaw@gjcity.org or call (970) 244-1561.