



2025 City of Grand Junction – Sage Health & Wellness Incentive Program

Welcome to the 2025 City of Grand Junction - Sage Health & Wellness Incentive Program! All employees on the City of Grand Junction's health plan can participate and earn points from **January 1, 2025 – November 30, 2025** to receive a medical insurance premium reduction of up to **\$45/month in 2026**. Get INFORMED, FEEL EMPOWERED and THRIVE this year by completing the activities below!

Incentive Program Activities – Physical Category

	Points
Health Screenings: Complete the Health Risk Assessment (HRA) through the Questionnaires tab in the Marathon Health Portal , and complete a Biometric Screening with Sage clinician or a personal physician. Health Risk Assessment (HRA) or Biometric Screening:	1
Follow-Up Visit: Complete a follow-up visit after your Biometric Screening with Sage clinician or a personal physician.	1

Complete the activities above to receive a premium reduction of \$25/month in 2026.

Incentive Program Activities – Additional Categories

	Points
Financial: meet with your financial advisor, take a financial planning class or listen to a podcast, develop a family budget, open a 457 account, register for Smart Dollar, etc.	1
Career: complete an on-the-job training, read a professional development book, take a class on communication, attend a conference or seminar, etc.	1
Social: volunteer or provide community service, participate in a community event, take a class at a local venue, participate in a departmental wellness challenge, etc.	1
Mental: complete a behavioral coaching appointment, practice mindfulness, start a journal, complete a self-care activity, listen to a podcast on stress reduction, etc.	1
Overall Wellbeing: 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, etc.	1

In addition to the physical category activities, complete these additional activities to receive 5 points and a premium reduction of \$45/month in 2026.

For questions regarding your incentives, please contact the City of Grand Junction HR department or call Sage Health and Wellness Center at **970-628-0012**.



Sage Health and Wellness Center

2525 N 8th St Suite 102
Grand Junction, CO 81501
970-628-0012

HOURS:

Medical

Mon/Wed/Fri 7:00am - 3:30pm
Tues/Thurs: 8:30am - 5:00pm

Mental Health

Tues/Wed/Thurs: 9:30am - 6:00pm

Physical Therapy

Mon/Tues/Thurs: 8:30am - 5:00pm



To schedule an appointment, call the health center or go online to marathon-health.com/schedule.



Messages

Contact Us

Amy Grimes ▾

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Medication Refills

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Incentives & Wellness ▾

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Help ▾

Incentives

Challenges

Wellness Logs

Hi, Amy! How can we help you today?



Schedule an appointment



Refill a medication



Send a message

View your health records

What's New

! Drive-Thru Flu Vaccine Clinics ...
September 20th, 2024

Connect Your Device

My Incentives Status

View Incentives



2025 Grand Junction Incentive Program

Time remaining: 293 days

Ends: 11/30/2025

41/334 days

Quick Links

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Incentive Program Goals

i Goal Status Key

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

Physical: Health Risk Assessment And Biometric Screening

1 Point



Physical: Follow-Up Visit At Sage Or With Your Personal Physician

1 Point



Financial

1 Point



Career

1 Point



Social

1 Point



Overall Well-Being

1 Point



Mental

1 Point

