



# 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
<b>Health Screenings:</b> Complete the Health Risk Assessment (HRA) through the Questionnaires tab in the <a href="#">Marathon Health Portal</a> , and complete a Biometric Screening with Sage clinician or a personal physician. Health Risk Assessment (HRA) or Biometric Screening:	1
<b>Follow-Up Visit:</b> 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
<b>Financial:</b> 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
<b>Career:</b> complete an on-the-job training, read a professional development book, take a class on communication, attend a conference or seminar, etc.	1
<b>Social:</b> 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
<b>Mental:</b> complete a behavioral coaching appointment, practice mindfulness, start a journal, complete a self-care activity, listen to a podcast on stress reduction, etc.	1
<b>Overall Wellbeing:</b> 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**.

