CITY OF GRAND JUNCTION · SAGE HEALTH & WELLNESS

2026 Wellness Incentive Program

Earn points Jan. 1 through Nov. 30, 2026, and lower your 2027 medical insurance premium. Open to all employees enrolled in a City health plan.

SAVE UP TO
$45
a month
in 2027

Two ways to save

$25/month — 2 points

Complete both physical activities below: your health screenings and a follow-up visit.

$45/month — 7 points

Complete both physical activities plus one activity in each of the five categories on the back.

1 Start with the physical activities

Health screenings. Complete the Health Risk Assessment (HRA) and biometric screening (lab work) with a Sage clinician or your personal physician. — 1 point

Follow-up visit. After your screenings, complete a follow-up visit with a Sage clinician or your personal physician. — 1 point

Schedule your screening: call 970-628-0012 or visit **my.marathon-health.com**

More on the back →

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2 Earn five more points for $45 a month

Complete one activity in each category for 1 point apiece. Any activity that fits the category counts. Here are some ideas.

Financial — 1 point

Meet with your financial advisor, take a financial planning class or listen to a podcast, build a family budget, open a 457 account or register for SmartDollar.

Career — 1 point

Complete an on-the-job training, read a professional development book, take a communication class, or attend a conference or seminar.

Social — 1 point

Volunteer or do community service, join a community event, take a class at a local venue, or join a departmental wellness challenge.

Mental — 1 point

Complete a behavioral coaching appointment, practice mindfulness, start a journal, do a self-care activity, or listen to a podcast on stress reduction.

Overall well-being — 1 point

Join a health coaching session, be tobacco free, or complete a smoking cessation course.

7 points

2 physical + 5 categories = the full $45 a month off your 2027 premium.

3 Log and track your points

LOG IN

Sign in to your account at **my.marathon-health.com**.

OPEN INCENTIVES

Choose **Incentives & Wellness › Incentives** from the top menu.

PICK A GOAL

Select any goal to see how to complete it and earn your point.

DEADLINE NOV. 30, 2026

Schedule an appointment

Call **970-628-0012** or visit **my.marathon-health.com**

Questions? Email **wellness@gjcity.org**

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