

WE GO HARD HEALTH CITY OF WILMINGTON

City of Wilmington Monthly Newsletter of HEALTH & WELLNESS
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MONTHLY ACTIVITIES AND RAFFLES

Be on the lookout every month for new activities, education, and resources that will be added to the app increasing your chances to earn Healthy Action Reward Dollars (H.A.R.D.) for exciting raffles. These activities are designed to keep you engaged and motivated!

Earn your first H.A.R.D. ticket! **Activity Code: 2363**

H.A.R.D.

Healthy Action Reward Dollars

What are Healthy Action Reward Dollars – H.A.R.D and how do you earn them?

Healthy Action Reward Dollars (H.A.R.D.) are non-cash value credits that you earn by participating in a variety of Healthy Actions and wellness initiatives. These can include attending wellness webinars, completing health screenings, or engaging in monthly wellness challenges.

Each activity you complete adds to your H.A.R.D. balance, which you can later use to access additional wellness opportunities throughout the year.

We Go Hard For YOU!

Welcome to the First Issue of
“We Go HARD for Health!”

We're thrilled to introduce our first edition of We Go HARD for Health—your ultimate resource for health, wellness, and benefits at the City of Wilmington! Whether you're an active employee or retired, this initiative is designed to make wellness a fun and rewarding part of your daily routine. Dive into Healthy Actions, earn "Healthy Action Reward Dollars" (H.A.R.D.), and join us in building a vibrant culture of intentional health and wellness.

Why We Go HARD for Health?

This program empowers you to take control of your well-being through educational webinars, engaging activities, and rewarding challenges. By participating, you'll not only improve your health but also contribute to a healthier workplace environment. The initiative is built on four key pillars:

- **Educate:** Expand your knowledge with wellness webinars and events.
- **Engage:** Stay motivated with fun challenges and activities.
- **Earn:** Complete healthy actions like annual physicals to earn H.A.R.D. credits.
- **Elevate:** Use your credits to redeem rewards and enhance your overall well-being.

Your One-Stop Shop: The We Go HARD for Health App

We're taking things digital! The newly revamped We Go HARD for Health app, powered by Innvite, is your one-stop shop for all things benefits. Here's what you can do with the app:

- **Explore:** Access the Employee Benefits Websites—your hub for all benefits and resources.
- **Manage:** View and update your benefits, dependents, and beneficiaries all in one place.
- **Submit:** Easily upload benefit-related documents and keep your information current.
- **Earn & Redeem:** Continue earning H.A.R.D. dollars and unlock exciting rewards directly through the app.

What's Next?

In future issues, you can look forward to:

- **Spotlight on Success:** Inspiring stories from colleagues who are excelling in their wellness journey.
- **New Wellness Activities:** Fresh challenges and Healthy Actions added to the Innvite app, offering more opportunities to earn H.A.R.D. credits.
- **Upcoming Events:** Stay engaged with upcoming wellness webinars, health screenings, and other events designed to keep you motivated.

Stay tuned for these updates and more as we continue to GO HARD for our health and wellness together!

Your Benefits Have Gone Digital!

Ready to take your benefits game to the next level? Download the We Go HARD For Health app today and unlock instant access to all our Employee Benefits Websites, whether you're active or retired. With everything at your fingertips, managing your benefits has never been easier—or more fun! Stay in control on the go and keep all your benefits and resources just a tap away.

Check out our benefits website: <https://hr.wilmingtonde.gov/benefits>

What Does Your Benefits Team Go HARD For?



Victoria Roth, SHRM-CP
Director of Employee Benefits

I go **HARD** for our employees and retirees by ensuring they have access to comprehensive benefits packages and innovative wellness programs that not only support their physical and mental health but also empower them to take proactive steps in their well-being. I am committed to creating a workplace environment where health and wellness are prioritized, making it easier to lead healthier, happier lives.



Chardell Patterson
Employee Benefits Operations Manager

I go **HARD** for making sure you get the most out of your benefits. As your Employee Benefits Operations Manager, I'm fully committed to your well-being, making sure every detail is handled so you can focus on what you do best.



Janesta Ray
Senior Employee Benefits Administrator

I go **HARD** for managing the core benefits for our active employees, retirees and their eligible dependents. I am committed to providing exemplary customer service in a timely manner when handling inquiries regarding coverage and claims.



Shelby Foster
HR Specialist – Benefits

I go **HARD** for our retirees by advocating for their health needs, providing essential resources, and helping them navigate the healthcare system to ensure a high quality of life and a positive healthcare experience.



DOWNLOAD TODAY!



Download the **We Go HARD for Health** app through **INNVITE** and join the fun today!
Scan or click on the QR code to download today!

Login Information

First Time Users:

Username: Your City of Wilmington Email

Password: 302576BENE

Already Enrolled?

Username: Your City of Wilmington Email

Password: Reach out to the Benefits Team to retrieve your password.