



The Human Resources Department is excited to announce the launch of our new [Live Well](#) program.

Read on to learn what's new with the program and employee wellness requirements, how to register for the [Live Well Portal](#), and much more.

NEW FOR 2022

New Points-Based Wellness Program = New Ways to Earn the Reduced Rate on Your Health Insurance Premium

It's official: [Live Well](#) has moved to a point-based rewards system.

Reward #1: \$240 Wellness Credit

Instead of completing a certain number of wellness activities to receive the \$240 health insurance premium discount for the upcoming benefits year, **City employees must now earn 240 points by December 31, 2022.**

To be eligible for the \$240 wellness credit, **you must complete a Health Assessment in the Live Well Portal (worth 50 points).** If your spouse/spouse equivalent is covered by your insurance plan, they must also complete a Health Assessment (worth an additional 50 points).

Choose from any combination of approved wellness activities (worth between 5-75 points) to earn the remainder of your 240 points and receive your discounted wellness rate for 2023. Points can be earned by completing activities in the Live Well Portal (for example, reviewing recipes or health topics), attending City-sponsored wellness activities and events, and much more.

You can find a list of approved wellness activities [here](#) or from the [Rewards](#) page in your [Live Well Portal](#) account.

Reward #2: Raffle Entry for Live Well Prizes

Once you earn the \$240 wellness credit, you can also **earn a raffle ticket for Live Well prizes by completing an additional 240 points** (for a total of 480 points).

New Self-Paced Challenges

You asked, we listened!

To better meet the wellness needs of our employees, Live Well will be offering more self-paced challenges this year — including a new **Stress Less Challenge, which kicks off this week (Wednesday, Feb. 16)**. The goal of this 28-day challenge is to get you to take just five minutes every day to relax and unwind. And as a bonus, completing the Stress Less Challenge will also earn you 50 points towards your wellness credit. [Learn more and register here.](#)

Get started TODAY!

Live Well is here for you, and it all starts with registering on the [Live Well Portal](#) and taking your **Health Assessment*** – it's quick, convenient, and can help prop up your health with a personalized report in just a few minutes.

Already registered on the Live Well Portal?	Never registered on the Live Well Portal?
<ul style="list-style-type: none">• Sign in with your username and password and take your 2022 Health Assessment.• Explore all the resources WebMD has to offer.• Check out the Rewards tab for all the wellness activities.	<ul style="list-style-type: none">• Create an account. Enter your registration ID** and complete all required questions in the registration process.• Complete the Health Assessment.• Explore all the resources WebMD has to offer.• Check out the Rewards tab for all the wellness activities.

* Spouse and/or spouse equivalents must also register on the Live Well Portal and complete the Health Assessment.

** The Registration ID for employees is their Employee ID Number, as listed on their City of Durham issued badge. Spouses/spouse equivalents will use Employee ID + Spouse First Name (as listed within the City of Durham files) + Spouse DOB (mmddyyyy). For assistance with locating your Employee ID Number, please reach out to HRConnect@durhamnc.gov.

Registration Resources

1. [Live Well Portal Registration Video](#)
2. [Step-by-step instructions](#) on how to create your account

Need additional assistance?

1. For general questions about the Live Well Portal, please check out the [FAQ section](#) within the Live Well Portal (scroll down to the bottom of the portal login page to view FAQs).
2. For questions regarding your Benefits offered by WebMD, please contact HR Connect at (919) 560-4214, or email HRConnect@durhamnc.gov, available Monday - Friday from 8 a.m. - 5 p.m.
3. For technical questions about the Live Well Portal, please contact WebMD Customer Service at (888) 321-1532, available Monday - Friday from 8:30 a.m. - 8 p.m.