



WellCity Awards

- Real Rewards** • A 2% premium discount
- Real Support** • Personalized hands-on resources
- Real Health** • Investing in employees and reducing claims costs

awcnet.org/WellCityAwards

2011 WellCity Award Recipients

Less than 50 Employees	50 - 300 Employees	50-300 employees
Airway Heights	Aberdeen	Mukilteo
Algona	Anacortes	Oak Harbor
Buckley	Arlington	Port Angeles
Chelan	AWC	Port Orchard
Chewelah	Bainbridge Island	Port Townsend
Clyde Hill	Battle Ground	Pullman
Colfax	Bonney Lake	Sammamish
Colville	Bothell	SeaTac
Concrete	Burien	Sedro-Woolley
Connell	Camas	Shelton
Covington	Cheney	Shoreline
DuPont	Ellensburg*	Snohomish
Duvall	Enumclaw	Spokane Valley
Eatonville	Fife	Steilacoom
Fircrest	Hoquiam	Sumner
Friday Harbor	Issaquah	Toppenish
Kenmore	Kelso	Union Gap
Long Beach	Lacey	Washougal
Maple Valley	Lake Forest Park	Wenatchee
Milton	Lake Stevens	
Normandy Park	Lakewood	Over 300 Employees
North Bend	LOTT Clean Water Alliance	Bellingham
RiverCom 911	Lynden	Longview
Stanwood	Marysville	Kennewick
Tenino	Mercer Island	Federal Way
Woodinville Water District	Mill Creek	Olympia
Woodland	Moses Lake	Renton*
Yelm	Mount Vernon	Tacoma*

**Non-Trust cities*

Tips for WellCity success

1) Begin now! Advance planning is key. Review the WellCity standards and get started.

2) Schedule a consultation. We're here to help! No matter where you're at in the process, AWC health promotion staff offers guidance and resources to help you reach your goals.

3) Use eWellCity, the online tool that helps you plan your program, monitor progress toward meeting the WellCity Standards, report on results and submit your WellCity Award application.



WellCity Awards

For more than a quarter of a century, the Employee Benefit Trust has supported cities and health promotion by providing wellness resources, training and programming. Today, once again, we're standing behind our belief that wellness matters. We're putting real dollars out there for cities that earn the WellCity Award.

Real Rewards

As a reward for empowering health at city hall, WellCity Award recipients receive a 2% discount on Regence and Asuris medical premiums. Your healthy employees help keep healthcare costs down. And in today's economy, a 2% discount is significant.

Steps to WellCity success



The 2% WellCity discount on our 2012 premiums equates to the same revenue as a 1% property tax increase. That's real money we can reinvest back into the community at a critical time of need.

Emily Schuh, City of Anacortes, WellCity Award recipient 2004 - 2011

WellCity Award timeline

- Year 1 - Plan your wellness program
- Year 2 - Implement a program that meets the WellCity Standards
- Year 3 - Apply for the WellCity Award - February 1 application deadline
- Year 4 - Receive a 2% discount on Regence/Asuris medical premiums



Real Support

Becoming a WellCity takes commitment. The Trust helps you get started by providing WellCity Standards. These standards are your WellCity framework - you'll use them to create and run a successful program.

Every city and town is different. Using AWC's WellCity Standards, you can personalize a plan that is just right for your city. It doesn't matter how large or small you are—your city can earn the award. And AWC is there, offering you real support, every step of the way. Resources, online tools, phone support and onsite visits help you reach your goal and earn the award.

WellCity Standards at-a-glance

- 1) **Policies & Procedures** - Create a strong foundation for employee health with your council-adopted wellness program and budget allocations.
- 2) **Management Support** - Demonstrate support among elected officials and all levels of management.
- 3) **Wellness Committee** - Establish committee guidelines with broad employee representation.
- 4) **Wellness Network** - Leverage resources like internal champions and external partners.
- 5) **Needs Assessment** - Use data to drive program goals and maximize effectiveness.
- 6) **Infrastructure of Health** - Make the healthy choice the easy choice with an environment that supports health and contributes to a healthy work culture.
- 7) **Operating Plan** - Develop an annual plan with goals, objectives, timeline, communications, budget and evaluation.
- 8) **Activities & Interventions** - Align activities with the outcome of the needs assessment.
- 9) **Evaluating Progress & Outcomes** - Tie measurements to goals and objectives.

Health Promotion services and tools

For Employers

Coordinator Training

- Onsite training
- Live and on-demand webinars
- Regional networking forums
- Healthy Worksite Summit
- For Your Health monthly email
- Mentoring opportunities

Program Planning

- WellCity Award - employer premium discount
- Wellness planning guide
- HQ Management Report
- Behavior change campaigns
- Mini-grants
- AWC Wellness Connection networking site
- Online planning tools
- Lending library
- eWellCity - online tool

For Employees

Tools and Services

- MyWellnessWorks.org
- Health Questionnaire (HQ)
- Onsite health screenings
- Health coaching
- Nurse advice line
- Employee Assistance Program
- Tobacco cessation
- Monthly wellness newsletter
- Participation incentives



Real Health

The rewards reach far beyond the 2% discount. WellCities also benefit from:

- **Reduced costs**, saving you premium dollars, sick days, disability, workers' compensation, impaired performance and lost productivity
- **Improved employee health**, morale, retention, well-being and quality of life
- **A culture of health** at city hall, where healthy choices are easy
- **Recognition as a leader** in Washington State and in our nation, with a commitment to sustainable, quality government

Investing in employee health is just as important as routinely maintaining city vehicles and equipment. Employees are our most important resource and having healthy, well-performing staff helps serve our communities better.

We've grown into a WellCity because of the Trust's resources and support. We use the HQ and screening aggregate report to plan programs and get management and council support. The Wellness planner and trainings are valuable tools. The library supplements our activities, and we get sound advice in one-on-one conversations. The ready-made campaigns make life simpler, and the monetary support allows us to stretch dollars further for incentives. But the WellCity Award is the crowning jewel of support, and the 2% health insurance premium savings is truly remarkable recognition.

Robin Quinn-Dowling, City of Lacey, WellCity Award recipient 2001 - 2011





1076 Franklin St SE
Olympia, WA 98501
(360) 753-4137
1-800-562-8981



**Real Rewards
Real Support
Real Health**

awcnet.org/WellCityAwards