



An exciting new initiative is launching this spring, focused on programs that support NYC employees in improving their health and reaching their wellness goals. A Healthy Workforce builds a Healthy City, and WorkWell NYC is a brand new initiative sponsored by the Mayor's Office of Labor Relations that offers workplace wellness programming and other benefits designed to help employees get healthy and stay healthy. Making healthier choices is not always the easiest option, but with the support of this new initiative, we hope to make it so!

You will see the new WorkWell NYC logo whenever you receive information about opportunities for you and your family to get and stay healthy through your City health benefits, at work and beyond! Here are some of the new changes that are taking place as a part of WorkWell NYC:

- ✓ **Saving You Time.** Have you been frustrated trying to get an appointment with a doctor? Do you wish you could save time and worry by “visiting” a medical professional immediately online or by phone? Because your health is important to us we are implementing new programs to make it easier, and less expensive, for you to access the healthcare you need; *wherever* you are - *whenever* you need it.

- ✓ **Increasing Access to Primary Care.** We want to make preventive care more accessible through a Primary Care Physician (PCP) so that you can avoid time consuming and expensive trips to an Urgent Care Center or the Emergency Room.

- ✓ **Improving Your Health Benefits.** If you have GHI CBP or HIP HMO you recently received a letter about these programs and other changes. Here is a quick reference guide for some of the new plan improvements:

<p><i>For employees in</i></p> 	<ul style="list-style-type: none">• No more copayments for many in-network preventive services and prescriptions. Click here for more information.• No copayments for a PCP or specialist who is part of the many AdvantageCare Physicians (ACP) practices. Click here for more information.• New telehealth option so you can “visit” a doctor by phone or online. Click here for more information.
<p><i>For employees in</i></p> 	<ul style="list-style-type: none">• A Prime Network of preferred PCPs. You will pay no copayments if you visit a PCP from the Prime Network. Click here for more information.
<p><i>For EVERYONE eligible for City health benefits!</i></p>	<ul style="list-style-type: none">• ZocDoc, a free service to help you quickly find a doctor and book an appointment online. Click here to sign up.• Weight Watchers at a <i>deeply reduced rate</i> for all City employees and dependents!• Additional at work programs such as the Diabetes Prevention Program, the ESCAPE program to quit smoking, and much more!• Be sure to visit the Office of Labor Relations to learn more about these and other wellness programs!

There are some services for which copayments have somewhat increased in GHI CBP and HIP HMO, such as use of Urgent Care facilities, the Emergency Room, and visiting a PCP outside of the HIP HMO Preferred Provider. However, better (and free!) access to a PCP in both plans is designed to provide you even more opportunity to take care of your health **before** you need Urgent Care or the ER.

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