

Public Records Request #3425

The following materials have been gathered in response to public records request #3425. These materials include:

- Email

This information was provided as a response to a public records request on 2/27/20 and is current to that date. There is a possibility of more current information and/or documents related to the stated subject matter.

Further Information

For further information about this request or the Citywide Records Program, please contact:

Cheyenne Flotree
Citywide Records Program Manager
City of Charlotte/City Clerk's Office
600 East 4th Street, 7th Floor
Charlotte, NC 28202
Cheyenne.Flotree@charlottenc.gov

Amelia Knight
Public Records Specialist
City of Charlotte/City Clerk's Office
600 East 4th Street, 7th Floor
Charlotte, NC 28202
Amelia.Knight@charlottenc.gov

From: Mann, Nan
Sent: Wednesday, February 26, 2020 10:46 AM
To: _Everyone (City & CMPD)
Subject: Wellness Wednesday



Wellness Wednesday

Don't leave money on the table

To schedule a screening appointment at any MyClinic, you may self-schedule through the portal at <https://member.ourhealth.org> or call 1-866-451-3467. **Wellness screenings run through May 1, 2020.** There is no lookback period. To access the 2020 Employee Incentive Guide, [click here](#).

If you prefer to visit your own doctor, the Biometric Results Verification Form can be found [here](#).

****If you would like to complete your screening at a MyClinic location and do not schedule by April 15, 2020, you will be responsible for completing your screening on your own which may include finding an alternative provider and subject to applicable charges.****

Coronavirus

Keep up to date on the latest information at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Tax Resources – April 15th isn't far

MYgroup EAP

If you have tax planning or preparation questions, the City's EAP financial services benefit can help. Unlimited telephonic financial consultation, education, and option to complete simple federal and state tax returns are provided as a resource to all employees and their household members at **NO COST**. This confidential benefit can be accessed by calling MyGroup at 1-800-633-3353,

Community Link

If your household income in 2019 was less than \$59,000 you could qualify to have your tax return prepared and submitted through the IRS' Volunteer Income Tax Assistance (VITA) Program. For more information, [click here](#) or call 704-943-9490.

Introducing the 2020 Wellness Works Wellbeing Challenge

Wellness Works will be offering a variety of challenges and programs throughout 2020 to focus on your overall wellbeing. By participating in a minimum of two events or challenges throughout the year, you will receive a finisher t-shirt and entry to win one of the grand prizes. Be on the lookout in the coming weeks for more details.

Challenge #1: The Joy of Less Organization Challenge – KonMari Style

Challenge Dates: March 9 – April 6

Organization can help to eliminate clutter from your mind. This 4-week challenge focuses on simplifying and organizing your home by getting rid of items that do not bring joy to your life. You will organize by category, not by room. Based on Marie Kondo’s book, *“The Life-Changing Magic of Tidying Up”* book by Marie Kondo. To register, [click here](#).

A Few Words of Wisdom...

“Optimism takes work. Being pessimistic means you are stuck in identifying the problems over and over again. Being optimistic means you have to move forward and do something about it.”

~Beverly Beuermann-King



Nan Mann, MHS, RD, LDN / Wellness Administrator
HUMAN RESOURCES DEPARTMENT
700 East 4th Street / Suite 200 / Charlotte, NC 28202
P: 704-336-6005 / F: 704-632-8282 / www.charlottenc.gov