



BeWell Rewards FAQ

What events count towards my BeWell event attendance?

The following events count towards your attendance goal of three BeWell events:

- BeWell Lunch & Learns
- CONB Health & Lifestyle Expo
- BeWell Seminars (e.g., Airrosti, Jiu-Jitsu, etc.)
- BeWell Online Webinars (limited to one total attendance credit)
- Biweekly yoga in Tejas (limited to one total attendance credit)
- Private Nutrition Consultations with Food 4 Success (limited to one total attendance credit)
- Open Enrollment Benefits Sessions (limited to one total attendance credit)

While we encourage participation, the following do not count towards BeWell Rewards:

- On-site Massages
- Participation in dress-up days (e.g., "Wear Pink")
- Participation in team member challenges
- On-Site Hearing Screenings (a full hearing exam counts as one "preventative care activity")
- Flu Shot Clinics

How often can I be awarded the \$50 for completing the BeWell Rewards program?

You can earn a \$50 reward once per Fiscal Year, which begins in October.

How often can I win 8 vacation hours?

You can enter the raffle for 8 vacation hours once per Fiscal Year. You will be entered into the raffle for the quarter in which you complete all steps and submit the [BeWell Rewards Submission Form](#). You do not have to complete all steps within one quarter, but all steps and documentation must be received for entry into that quarter's raffle. There will be one winner maximum per quarter.

Quarters:

- October 1st – December 31st
- January 1st – March 31st
- April 1st – June 30th
- July 1st – September 30th

What is considered a "Preventative Care Activity"?

Examples of preventive health activities include (but are not limited to):

- Annual preventive health screening with your primary care physician (PCP)
- Bloodwork (e.g., lipid panel, glucose test, CBC, etc.)
- Dental cleaning
- Annual eye exam
- Hearing exam

To inquire if your preventive care activity is acceptable, please email bewell@newbraunfels.gov.

Do I send or upload my medical records to prove I did blood work, etc.?

Please **DO NOT** send or upload your private medical records. The [BeWell Rewards Submission Form](#) outlines how to verify completion of these steps for your BeWell Rewards.