



# 2022 REACH YOUR PEAK Wellness Program

## How do I participate in Reach Your Peak (RYP)?

**Step 1. Log onto or register on the RYP Portal at [ReachYourPeakEPC.com](http://ReachYourPeakEPC.com) from any computer or mobile device.**

- o **Returning** 2021 participants must log on to your RYP account and then continue to step 2. You are NOT automatically enrolled for the new year.
- o **New** participants must register for a RYP account and then continue to step 2. Employees and spouses must register using the employee's Employee Self Service (ESS) ID.
- o **Steps 1 & 2** must be completed during the enrollment period, no later than November 3, 2021.

**Step 2. Schedule your 2022 Health Consultation.**

- o In the RYP portal, schedule your 2022 Health Consultation by following the on-screen instructions. Be sure to complete the process!
- o Employee/retiree/spouse must be logged into their own RYP account to schedule a consultation. Please do not schedule more than one per person.
- o A confirmation e-mail from Reach Your Peak will be sent within minutes as proof of your successful 2022 RYP program enrollment. **If you do not receive this confirmation, e-mail [ReachYourPeakEPC@elpasoco.com](mailto:ReachYourPeakEPC@elpasoco.com) immediately, but no later than November 3, 2021.**

### When can I register?

Registration is open from **October 20, 2021 through November 3, 2021** for the 2022 plan year

### Who can participate?

All employees, pre-Medicare retirees and their spouses enrolling in the **2022 El Paso County EPO Medical Plan**

### Premium Savings

Medical plan premium contribution savings of \$20 per month (\$240 annually)

### Health Reimbursement Account (HRA)

- o Earn up to \$600 per year into an HRA
- o Use HRA to reimburse eligible El Paso County medical, prescription, dental and vision plan expenses
- o Continued participation allows you to accumulate up to \$2,000
- o 2021 HRA funds will be forfeited on January 1, 2022 if not enrolled in the 2022 RYP program

### Earn HRA Dollars

Activity	Earn
<b>Employee Completes Health Consultation*</b>	\$100
<b>Spouse Completes Health Consultation*</b>	\$100
<b>Quarterly Activities</b> (earn up to \$300 annually):	
Log Physical Activity	\$50
Complete/attend qualifying Learn & Earn	\$25
<b>Anytime Activities</b> (earn up to \$300 annually):	
6 Visits with EPC Health Center Condition Management Nurse	\$100
Tobacco-free attestation	\$50
Flu shot (COVID-19 vaccination may be logged as a "community wellness event")	\$25
Donate blood	\$25
Complete a preventive care visit	\$25
Complete an eye exam	\$25
Complete a dentist visit (2 max)	\$25
Participate in a community wellness event (4 max)	\$25

\*Health Consultation earnings apply to Anytime Activities \$300 max

The complete 2022 Reach Your Peak program details are available on the EPC Employee Portal and the RYP Portal, [ReachYourPeakEPC.com](http://ReachYourPeakEPC.com)