



# 2023 REACH YOUR PEAK Wellness Program

## Who can participate?

Pre-Medicare retirees and their spouses enrolled/enrolling in the **2023 El Paso County EPO Medical Plan**

## When can I enroll?

Enrollment is open from **October 26 - November 9, 2022** for the 2023 plan year

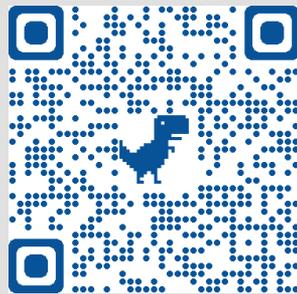
## What are the benefits of RYP?

- Health Reimbursement Account (HRA): Earn up to \$600 per year into an HRA. Continued participation allows you to accumulate up to \$2,000! (2022 HRA funds will be forfeited on January 1, 2023 if not enrolled in the 2023 RYP program.)
- Additional Rewards: New reward categories with the potential to win prizes (gifts/gift cards)!

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

**Schedule your 2023 Health Consultation during the enrollment period.**

- Go to [ryp-2023.timetap.com](http://ryp-2023.timetap.com) or scan the QR code.
- Follow the on-screen instructions to schedule your/your spouse's 2023 Health Consultation.
- A confirmation e-mail from RYP will be sent within minutes as proof of your successful 2023 RYP program enrollment. *If not received, e-mail [reachyourpeakepc@elpasoco.com](mailto:reachyourpeakepc@elpasoco.com) immediately, but no later than November 9, 2022.*



## What's new in 2023?

**New platform from Virgin Pulse:** Enrollees should watch for new platform details and registration instructions in January (mailed and e-mailed). Registration will activate the HRA and Additional Rewards for retirees enrolled in the County's Pre-Medicare EPO Medical Plan who scheduled their 2023 Health Consultations during this enrollment period.

**New ways to access and use your HRA:** HRA earnings will be accessible on an Employee Benefits Corporation (EBC) Benefits Card, which can be used just like a debit card! Benefit cards will be issued in late December. Beginning in 2023, HRA earnings can be used for FSA-eligible expenses; find a list at [ebcflex.com](http://ebcflex.com).