



# EL PASO COUNTY

## Reach Your Peak Wellness Program

The Reach Your Peak (RYP) wellness program's goal is to provide you with the resources, options, and support you need to reach and maintain optimal health. Wellness is a core value at El Paso County and we encourage you to take advantage of the benefits of RYP by enrolling during this enrollment period.

### When can I enroll?

Enrollment is open from **October 25, 2023 through November 8, 2023** for the 2024 plan year.

### Who can participate?

Pre-Medicare EPO Medical Plan-enrolled retirees and their covered spouses\* are eligible to participate!

### What are the benefits of RYP?

Earn points by participating in program activities and making healthy decisions. Challenge your wellbeing for a chance to win prizes!

#### RYP+ Perks include:

##### *Pre-Medicare EPO Medical Plan Subscribers Only*

- ▶ **Health Reimbursement Account (HRA):\*\*** Earn up to \$600 per year into an HRA which can be used for out-of-pocket Health Care FSA-eligible expenses! Continued participation allows you to roll over up to \$2,000.
- ▶ **Additional Rewards:** As with all RYP participants, you have a chance to win gifts and/or prizes!

### How do I enroll?

#### During the open enrollment period:

- Register or log on to the RYP Portal from Virgin Pulse!
- Schedule your 2024 Health Consultation to receive 2024 RYP+ Perks.



#### Register or log on to the RYP Portal from Virgin Pulse

**New participants** must register for a RYP account at [join.virginpulse.com/reachyourpeakepc](https://join.virginpulse.com/reachyourpeakepc). Eligible retirees and spouses must register using the retiree's Employee ID; spouses should enter the Employee ID adding "S" at the end (no spaces).

**Returning 2023 participants** must log on to your RYP account at [iam.virginpulse.com](https://iam.virginpulse.com). For RYP+ perks, you must complete the steps below. You are **NOT** automatically enrolled for the new year.

#### Schedule your 2024 Health Consultation

- While logged on to the RYP Portal, follow the on-screen instructions to schedule your 2024 Health Consultation.
- Retiree/spouse must be logged into their own RYP account to schedule a consultation. Please do not schedule more than one per person.
- A confirmation e-mail from RYP will be sent within minutes as proof of your successful 2024 RYP program enrollment. If not received, e-mail [reachyourpeakepc@elpasoco.com](mailto:reachyourpeakepc@elpasoco.com) immediately, but no later than November 8, 2023.

\* Spouses enrolled in the EPC EPO Medical Plan can register for an account for chances to win prizes. Spouse's scheduling and completing their 2024 Health Consultation visit will earn points for the retiree/subscriber.

\*\*HRA funds will be forfeited on January 1 if you do not re-enroll in the RYP+ program during this enrollment period.

HRA earnings are accessible on an Employee Benefits Corporation (EBC) Benefits Card, which can be used just like a debit card for FSA-eligible health care expenses! Find a list of eligible expenses at [ebcflex.com](https://ebcflex.com).