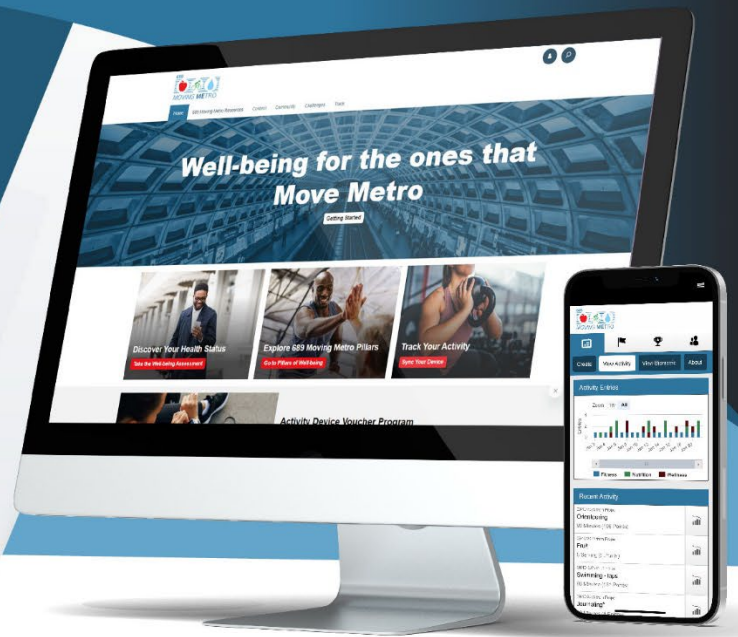




2025 WELL-BEING PROGRAM GUIDE



**Next-level well-being is here!
We are excited to offer an
enhanced, comprehensive 689
Moving Metro Well-being
Portal to Local 689 members,
spouses, and dependents!**

You can register for the
Wellness Program now using
any device (computer, mobile
phone or tablet) by going to
www.689movingmetro.com!

Portal support is available by
chat, email or phone Monday -
Friday from 8 am – 5 pm CST.



EXPLORE NEW AND EXCITING WELL-BEING CONTENT

The 689 Moving Metro Well-being Program offers hundreds of resources—videos, science-based articles, interactive programs, and *much* more—across a range of well-being topics for you to find the well-being pathway that meets *your* needs! Examples include:

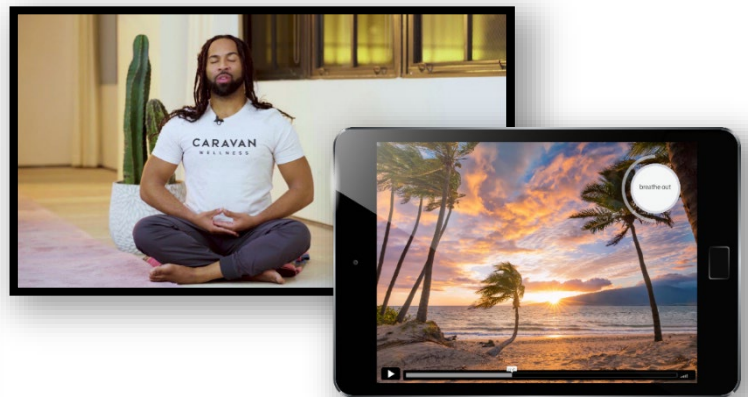
GUIDED FITNESS VIDEOS



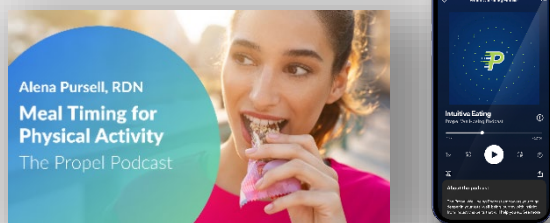
PERSONAL WELL-BEING PROGRAMS



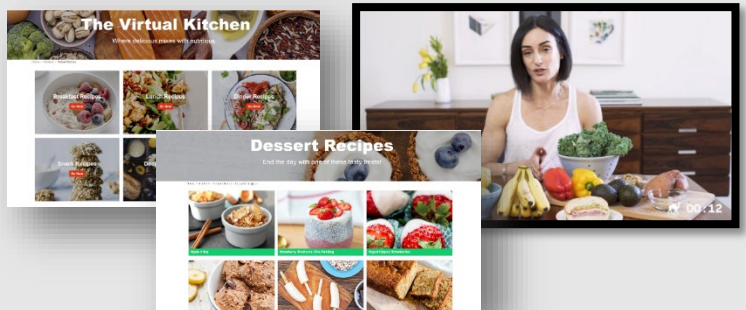
MINDFULNESS & MEDITATION TOOLS



EDUCATIONAL PODCAST EPISODES



HEALTHY RECIPE LIBRARY



PERSONAL WELL-BEING PROGRAMS

Go deeper into well-being at your own pace. The Propel interactive personal programs take you through multiple modules of learning and practical behavior change techniques that you can immediately put into practice.

Examples of Available Personal Programs:

Stress Management Program

Topics covered:

- Identify how you currently handle stress.
- Understand how stress works in your brain, how to identify it, and how it affects you in different ways.
- Learn how to calm your stress most effectively.
- Introduce a healthier stress response.

What others are saying:

"This program changed my life by giving me simple tools to create a new stress routine that's healthier for me mentally and physically. The examples are very realistic and relatable. I enjoyed every aspect and would 100% recommend to anyone."

What others are saying:

"The Resilience Program challenges the user to look into oneself from a newer perspective and provided smart, simple ways to handle a variety of situations and challenges. Very insightful!"

Resilience Program

Topics covered:

- Self-Awareness
- Self-Regulation
- Connection
- Positive Thinking

Weight Management Program

Topics covered:

- Physical activity
- Nutrition
- Hormones

What others are saying:

"I love how this program talks about how important hormones are to weight gain/loss!!! Most of us aren't educated to that fact and what we can do about it. This has brought me hope and helped me create a realistic plan of action!"

THROUGH THE WELLNESS PORTAL, YOU HAVE ACCESS TO

Robust Activity Track + Goal Setting, Integration with Tracking Devices and Health Apps, Unlimited Private Individual and Team Challenges, Company-wide Well-being Challenges, Personal Well-being Programs, Guided Video Workouts, Mental Health Tools, Healthy Recipe Library, All Benefits Information and Resources, and much more!

EXPLORE THIS GUIDE TO LEARN MORE ABOUT THE PROGRAM!

REGISTRATION TIPS

You will need your Employee ID number for registration, which can be found on your work badge. Employee ID must include the leading zero, but no leading characters. Spouses and dependents must use the employee's ID number, too, to verify their eligibility.

STEP ONE

Go to www.689movingmetro.com from any device to register now!

STEP TWO

Click the Register button on the login screen.

STEP THREE

Complete the registration by entering the information requested. During this registration process, you'll create a username and password which you will use each time you log into the portal.

That's it! Complete this process and you will be registered and can log into the portal any time. And remember, you can use a computer, mobile phone or tablet to access the portal—whatever is most convenient for you.

Important Reminder: Before a spouse can register, the employee must create their account first.

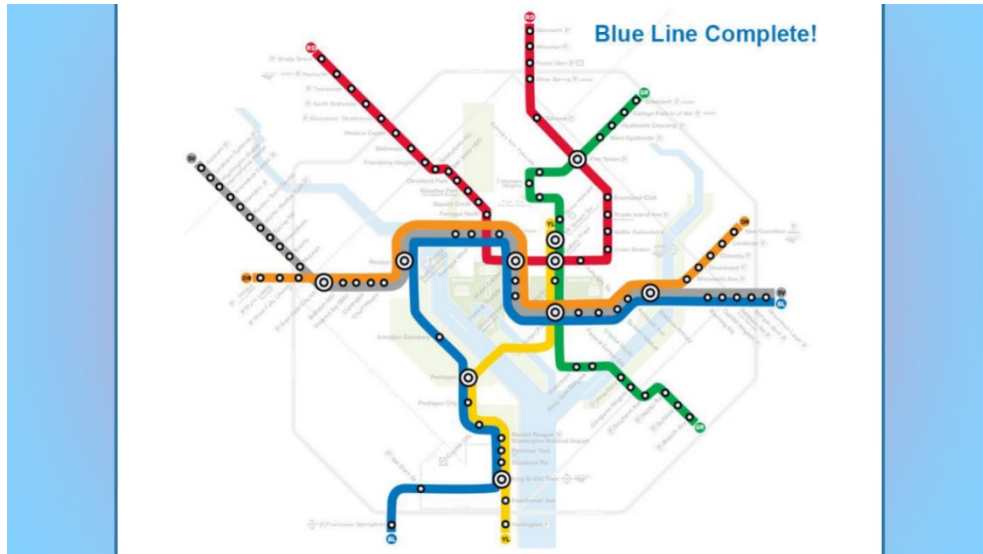
NEED HELP?

If you have any trouble registering or accessing the portal, you can contact portal support at 1.888.339.4131 or send an email message to support@propelwellness.zendesk.com. If you are already on the portal and would like support, you can also use the chat feature to chat with a support specialist.



GET TO KNOW YOUR INCENTIVE PROGRAM

Starting January 1, 2025 Active 689 Members and Pre-65 Retirees are eligible to receive up to \$400 in premium discounts throughout the year.



INCENTIVE ACTIVITIES:

Biometric Screening:

Complete your Biometric Screening to **earn 50 points**. Biometric screenings can be completed at your Primary Care Providers office or at a screening event. More information located on the portal!

Age-Appropriate Preventative Screenings:

Complete age-appropriate preventative screenings to **earn 50 points**. Age-appropriate screening options include mammograms, colorectal exams, and prostate exams (PSA).

Health Coach with Marquee Health:

Engage with a Marquee Health coach to **earn 25 points per session** for a max of 100 points in 2024.

Physical Activity:

Track your daily physical activity to **earn 25 points per quarter**. Log at least 150 fitness points per week for 8 out of 13 weeks.

Mental Wellness:

Focus on your mental wellbeing to **earn 25 points per quarter**. Track 40 entries of mindfulness, meditation, or journal during the quarter.

Nutrition Tracking:

Track your intake of fruits and vegetables to **earn 25 points per quarter**. Goal is to track 160 servings of fruits and vegetables per quarter.

To begin participating and viewing your progress, login to the 689 Moving Metro portal and view the "Incentive" tab on the main navigation menu.

WAYS TO START YOUR EXPERIENCE

Get the Portal on Your Phone

In 60 seconds, you can get the screen icon for the Moving Metro Portal on your phone and have access to the entire platform anywhere you go.

Download one of the PDFs below to follow quick step-by-step instructions with images!

- [Download iPhone Instructions Here](#)
- [Download Android Instructions Here](#)

Participate in Year-Round Challenges

The 689 Moving Metro program will be running a variety of challenges over different topics throughout the year to help you continue to strengthen your well-being and have fun doing it! You can also create or join an unlimited number of private competitions and invite your colleagues to join you!



Access All Your Benefits

Access Kaiser Permanente and CareFirst resources on the portal by visiting the 689 Moving Metro Resources page in the portal. You will find resources ranging from gym member discounts, wellness coaching, tobacco cessation program, financial resources and much more!