Welcome to your 2026 My Empowerment Plan! This program promotes everyday wellness and rewards you for forming long-lasting healthy habits.

What is my incentive and how do I earn it?

You have the opportunity to receive up to $210 by logging activities.
For every 400 points logged (up to 1,600), receive $50. Participants who reach 1,600 points total will also receive a bonus $10. Activities and their point values are listed in this packet.

All rewards will be paid out quarterly by Empower Health Services. Recipients will receive a notification email and link to redeem their rewards dollars via Tango Rewards Mall, an online marketplace with a variety of gift cards options. Please allow up to one month for processing after each quarter concludes.

Who can participate in this incentive program?

This program is open to employees and spouses on the City of Edwardsville medical plan only.

How long does my program run?

You can track activities January 1, 2026 through December 15, 2026.

Log activities to earn points!
empower.health

1. Go to: empower.health

Returning Participants: If you previously created an account, sign in under "Welcome Back!"

New Participants: Complete "New User" fields and enter client code: **cityofedwardsville**

You will receive an email confirmation. Verify your email to complete the registration process.

2. Select "My Empowerment Plan" from the blue navigation bar on your dashboard

3. Explore each of the categories and log completed activities to earn your incentive!

When recording an activity, please review the individual instructions within that activity.

Please note that some activities will require self-reporting completion or uploading documentation. Other activities will award points automatically.

Activities that can be logged more than once will note how often entries may be recorded (i.e., "One entry per week.") Please note that a week is considered Monday through Sunday.

My Empowerment Plan FAQ

Contact EHS Customer Support at 866.367.6974 or support@empowerhealthservices.com with additional questions.

Annual Assessments		**400 Points Max**
Complete the Empower Health Assessment™ Access this assessment from your dashboard or by selecting the "Begin Assessment" button within the activity. Points are automatically awarded upon completion.		100 points
Complete an annual physical with your primary care physician **Documentation required.** To upload documentation, click the "Select File" button within the activity. Click "Complete" to save.		300 points
Staying Healthy		**250 Points Max**
Complete annual preventive exams *(One entry per day, 20 points per entry)*		200 points max
Receive a recommended immunization/vaccination *(One entry per day, 10 points per entry)*		50 points max
Social Engagement		**135 Points Max**
Participate in a company-sponsored training or seminar (hosted by human resources)		25 points
Volunteer for 1 or more hours per week **Documentation required.** To upload documentation, click the "Select File" button within the activity. Click "Complete" to save. *(One entry per week, 10 points per entry)*		100 points max
Participate in the city-wide food drive		10 points
Self-Care & Mindfulness		**225 Points Max**
Get 7 or more hours of sleep at least 4 days per week *(One entry per week, 2 points per entry)*		100 points max
Spend 30 minutes practicing meditation, prayer, or another form of relaxation 2 days per week *(One entry per week, 1 point per entry)*		50 points max
Unplug from technology for 2 or more continuous hours 3 times per week *(One entry per week, 1 point per entry)*		50 points max
Explore The National Institute of Mental Health (www.nimh.nih.gov) or your organization's Employee Assistance Program *(One entry per week, 5 points per entry)*		25 points max

	Active Lifestyle	600 Points Max
	Achieve a total of 10,000 steps each day Sync your activity tracking device or manually enter your step count. **Click HERE for instructions on syncing an activity tracking device** *(One entry per day, 5 points per entry)*	250 points max
	Achieve at least 30 minutes of physical activity each day *(One entry per day, 2 points per entry)*	250 points max
	Participate in an organized fitness event (5k, community run, walks, triathlon, etc...) **Documentation required.** To upload documentation, click the "Select File" button within the activity. Click "Complete" to save. *(One entry per month, 25 point per entry)*	100 points max
	Balanced Nutrition	300 Points Max
	Eat 6 or more servings of nuts, beans, whole grains or other high-fiber foods 4 days each week *(One entry per week, 5 points per entry)*	100 points max
	Eat 5 or more servings of fruits and/or vegetables 4 days each week *(One entry per week, 5 points per entry)*	100 points max
	Drink 48 oz. of water at least 5 days each week *(One entry per week, 5 points per entry)*	100 points max
	Ongoing Education	350 Points Max
	Attest to being a non-tobacco user	50 points
	Complete the 7-week UBreathe: Smoking Cessation Program To access this program, go to the "Resources" tab and click on the "Quit Smoking" tile. Please note that this program takes seven weeks to complete and only one course may be completed per week. Once finished, you must self-report completion by clicking the "7 Courses Completed" button within the activity. EHS admin will verify completion.	50 points
	View a health education webinar or video To access this content, go to the "Resources" tab. Scroll down to Additional Resources and select "Video Library" or "Webinars". *(One entry per day, 25 points per entry)*	200 points max
	Complete a weight loss program	50 points