



Healthy me in Tempe

wellness program *powered by* **Propel**

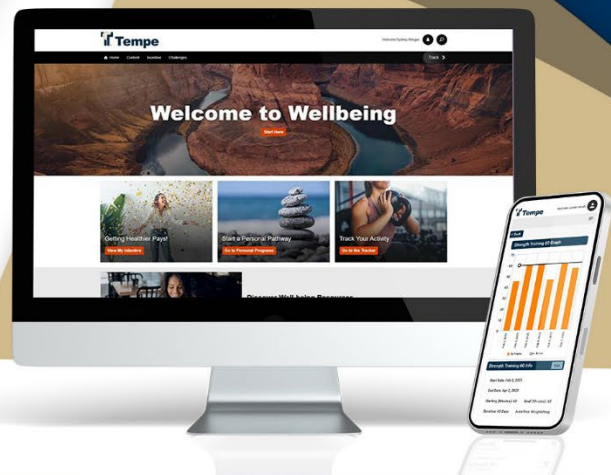
2026 – 2027

PROGRAM OVERVIEW

Scan this QR code
to view the
portal



Starting **May 1**, you will
have until **April 30, 2027**, to
participate and earn points
towards your incentive.



Through the Propel Portal, you will get access to:

- Incentives
- Fun Challenges
- Activity Tracking + Goal Setting
- Personal Wellbeing Programs
- Guided Fitness Videos
- Mental Health Tools & Resources
- Virtual Recipe Library

And more!
**Explore this guide to learn more about
the program!**



GETTING STARTED

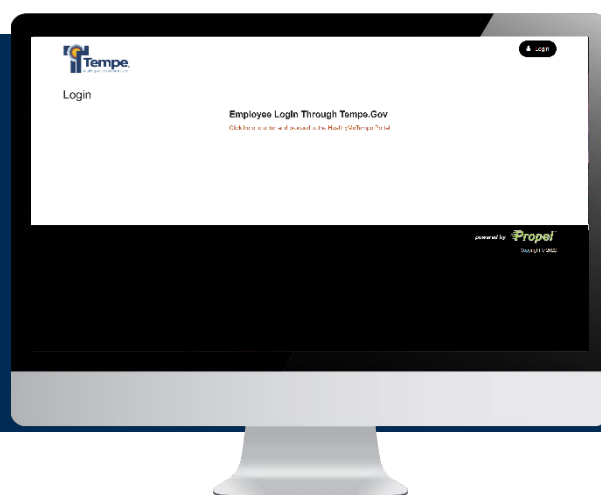
STEP ONE

Use your phone's camera to scan the QR code *or* go directly to HealthyMeTempe.com to visit the Portal.



STEP TWO

Click the link on the Login screen to enter and proceed to the **Healthy Me in Tempe** Portal.



STEP THREE

Enter your City Login information.

That's it! Once you've logged in for the first time, you will only need to use the link HealthyMeTempe.com to access the Portal from now on.

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GET TO KNOW YOUR INCENTIVE PROGRAM

2026 – 2027 INCENTIVE OVERVIEW

For more details and to begin participating/view your progress, go to HealthyMeTempe.com/incentive.

HEALTH ASSESSMENT & WELLNESS SCREENING	REQUIREMENTS	DATES FOR ACTIVITY ENTRY	POINTS/EVENT	TOTAL POINTS
Early bird Health Assessment Bonus Points	Complete the PWA before October 31, 2026	5/1/2026 – 10/31/2026	5	5
Online Health Assessment (PWA) (Pre-req. to receive incentive reward)		5/1/2026 – 4/30/2027	10	10
Wellness Screening (Biometric) (Pre-req. to receive incentive reward)	3 options to complete screening: 1) Onsite; 2) LabCorp; 3) Physician Office	5/1/2026 – 4/30/2027	50	50

BIOMETRICS	REQUIREMENTS	DATES AVAILABLE	POINTS/EVENT	TOTAL POINTS
Glucose	In range or 10% improvement from 2025 Results	5/1/2026 – 4/30/2027	5	5
Waist Circumference	Women: less than or equal to 35 inches Men: less than or equal to 40 inches or 10% improvement from 2025	5/1/2026 – 4/30/2027	5	5
Blood Pressure	In range: systolic < 130 mmHg Diastolic < 85 mmHg or 10% improvement from 2025	5/1/2026 – 4/30/2027	5	5
Total Cholesterol	In range: less than 200 mg/dL or 10% improvement from 2025	5/1/2026 – 4/30/2027	5	5
Send Result to Primary Care Provider		5/1/2026 – 4/30/2027	5	5

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2026 – 2027 INCENTIVE OVERVIEW

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PREVENTATIVE CARE	REQUIREMENTS	DATES AVAILABLE	POINTS/EVENT	TOTAL POINTS
Vaccinations- Flu Shot, COVID-19: Vaccine or Booster, Tdap, MMR, Chickenpox, HPV, Shingles, Pneumococcal	Complete any two vaccinations to reach a max of 20 points total.	5/1/2026 – 4/30/2027	10	20
Pap Smear/Well-women's Exam		5/1/2026 – 4/30/2027	10	10
Colon Cancer Screening		5/1/2026 – 4/30/2027	10	10
PSA Exam		5/1/2026 – 4/30/2027	10	10
Mammogram		5/1/2026 – 4/30/2027	10	10
Dental Exam		5/1/2026 – 4/30/2027	10	10
Annual Physical Exam		5/1/2026 – 4/30/2027	20	20
Vision Exam		5/1/2026 – 4/30/2027	10	10
Skin Cancer Screening		5/1/2026 – 4/30/2027	10	10
(NEW!) Preventive MRI		5/1/2026 – 4/30/2027	10	10

ACTIVITIES	REQUIREMENTS	DATES AVAILABLE	POINTS/EVENT	TOTAL POINTS
Individual Physical Activity	Log 600 Fitness Points of physical activity per month	5/1/2026 – 4/30/2027	4	48
Community Physical Activity	Participate in a community-based activity such as walk for cancer, diabetes, 6K, 10K, etc.	5/1/2026 – 4/30/2027	3	12
Complete Half Marathon or a 50K Bike Race		5/1/2026 – 4/30/2027	7	14
Complete a FULL Marathon, Triathlon, or 100K Bike Race		5/1/2026 – 4/30/2027	10	20
On Your Own Weight Loss Plan	Achieve a goal to lose weight and then self-report which program you completed.	5/1/2026 – 4/30/2027	10	10



ACTIVITIES (cont.)	REQUIREMENTS	DATES AVAILABLE	POINTS/EVENT	TOTAL POINTS
Individual Walking Challenge		5/1/2026 – 4/30/2027		
5,000 Average Steps Per Day		5/1/2026 – 4/30/2027	2	24
8,000 Average Steps Per Day		5/1/2026 – 4/30/2027	3	36
10,000 Average Steps Per Day		5/1/2026 – 4/30/2027	4	48

PROGRAMS	REQUIREMENTS	DATES AVAILABLE	POINTS/EVENT	TOTAL POINTS
Caregivers Personal Program		5/1/2026 – 4/30/2027	10	10
Stress Personal Program		5/1/2026 – 4/30/2027	10	10
Tobacco Cessation Program	Complete the Freedom From Smoking Plus program.	5/1/2026 – 4/30/2027	20	20
Education Webinar or Lunch & Learn	Attend a City Sponsored Educational webinar or Lunch 'n' Learn.	5/1/2026 – 4/30/2027	5	15
Financial Wellness	Eligible activities include: Meeting with financial planner, Nationwide or Galloway; Attending a Retirement Expo.	5/1/2026 – 4/30/2027	5	10
Stress Management	Provide proof of acupuncture, massage therapy, counseling, or EAP sessions.	5/1/2026 – 4/30/2027	2	10



City-wide Challenges

The Propel Portal powering the Healthy Me in Tempe program includes hundreds of fun challenge options! The City will be running a variety of challenges over different topics throughout the year to help you continue to strengthen your wellbeing and have fun doing it!

Team Challenges

You can create your own team using the team tools in the Portal, and you can join a team that has invited you to join. Your team can enter team challenges and even create your own private team challenge and invite other teams to participate!

Private Challenges

You also have the ability to create your own private individual challenges and invite colleagues to participate using the Portal tools.

These challenges can be based on any trackable activity in the Portal (there are hundreds!) for any length of time you choose, and only those who accept your invitation will be able to see the leaderboard once the challenge is underway!

Join city-wide challenges with fun, custom leaderboards
like the Travel to Tranquility Challenge!





ACTIVITY TRACKING + GOAL SETTING

You can sync your activity tracking device or health app to the Portal, as well as manually enter your activity in the Tracker. Just select the **"Sync Your Device"** link on the Portal.



IMPROVE YOUR WELLBEING WITH THE HEALTHY ME IN TEMPE TRACKER:

1. **Use the Tracker to log your healthy habits.** Between exercising, doing house chores, reading, sleeping, eating healthy, staying hydrated, and working on mindfulness, you can log all the ways you're working on your wellbeing in one place.
2. **Create or join an unlimited number of private teams.** Then, create a custom team challenge across any category of wellbeing, and invite another team to compete against.
3. **Set an unlimited number of private goals.** Hold yourself accountable by creating a custom goal for yourself and measure your progress.
4. **Create or join an unlimited number of private competitions.** Customize a competition over your choice of activities; then, invite your colleagues to join and compete with you. Only those who accept the invitation will see the leaderboard.
5. **Send and receive messages** to colleagues who are registered on the Portal to motivate and encourage healthy habits.



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Explore New Resources and Tools:

Start the Intro to Physical Activity Program

Move more, feel better, and build lasting habits with this self-paced course featuring articles, audio guidance, worksheets, and activity plans for a healthier, more active lifestyle.



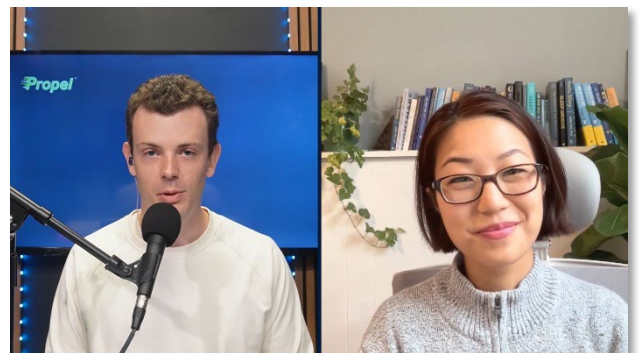
New Desk Workouts Worth Trying

Discover unique ways to relieve muscle tension, improve posture, and keep your body pain-free right at work.

Listen to Expert Advice on Popular Wellbeing Topics

Check out the latest Propel Podcast episodes to learn about:

- De-Escalation Fundamentals
- What Sleep Does To Your Brain at Work
- Improving Workplace Wellbeing
- Why That Afternoon Slump Isn't Just Being Busy
- *And so much more!*



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