



## Alternative Voluntary Reduction Program for Deductible

The City of Missoula is committed to improving the health and overall wellbeing of our employees and their families. Health Screens are an invaluable tool for early detection and prevention, in addition to providing employees with the perk of a lower deductible. However, when health screens are not an option, the City also provides an alternative option to participate in the VRP program. The alternative option requires the completion of the activities noted below:

- Attend at least 4 Healthy is Wellness Coaching Sessions  
OR
- Complete 2 Wellness Challenges AND attend 2 Lunch and Learn Wellness Sessions  
(*watching a recorded version of Lunch and Learn session is acceptable*)

*Activities must be complete in the calendar year prior to the deductible going into effect. Employees are responsible to communicate VRP program guidelines to spouse/domestic partner.*

---

### Acknowledgment of Completion

I, \_\_\_\_\_, acknowledge that I have completed the required wellness activities to qualify for the Alternative VRP program.

HIW Sessions Completed Dates:

OR

2 LnL Sessions & 2 Wellness Dates:

---

---

---

---

---

---

---

---

Employee/Plan Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please submit completed form to HR at [HDepartment@ci.missoula.mt.us](mailto:HDepartment@ci.missoula.mt.us) or Fax to (406) 327-2151