

## CAP Wellness Program

**Whole person health begins with YOU!** Taking care of your personal health is one of the most important actions you can share with your family and your community. The CAP Wellness Program has a wide range of resources to support you and your covered spouse in taking healthy actions that can help reduce the future cost of City health coverage.

### You & Your Covered Spouse: In It Together

**CAP EMPLOYEE & SPOUSE:**  
EACH "MUST DO" PREVENTIVE ACTIONS

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**CAP EMPLOYEE:**  
"MUST DO" 2 MORE ADDITIONAL HEALTHY ACTIONS

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Enter actions into ActiveHealth portal by  
**OCTOBER 31, 2025**

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### See Policy: Earning Wellness Points And FAQs

Click the **Wellness Policy** button to the right to see details and FAQs on earning Wellness Points.



### Reward For Quitting, Or Making A Successful Attempt To Quit



The \$25 tobacco surcharge will be removed for the rest of the year, and refunded retroactively to January 1, 2025, when you, and/or your covered spouse, if applicable, complete a tobacco cessation program by May 1, 2025.

You can complete the tobacco cessation program and meet the CAP Wellness Program requirement, regardless of whether you actually stop tobacco use. You can also involve your personal physician in designing an alternative program to meet the CAP Wellness Program requirement.

**IMPORTANT:** If you are newly hired/newly eligible for the CAP Health plan in 2025, you will not receive the tobacco surcharge between January 1, 2025, and December 31, 2025.

Look for information about **Wellness and TEAMS** virtual sessions from the [CAPWell.Health@phila.gov](mailto:CAPWell.Health@phila.gov) email and the **City Employee Newsletter**.

**CAPWell.Health**  
 [@phila.gov](mailto:CAPWell.Health@phila.gov)

### ActiveHealth

Call **866.795.2970**

Monday — Friday,  
8:30 a.m. to 11 p.m. ET



See this marker?  
Earn Wellness  
Points!