

CITY OF AKRON

WELLNESS Wednesday

NEWSLETTER | *January 7th, 2026*

New Years Resolutions



January often sparks fresh wellness goals—but staying on track can be tough. Many people lose momentum quickly, falling into a cycle of starting over or giving up.

Here's why that happens and how to stay consistent:

1. **Unrealistic Goals:** Big changes too fast lead to burnout.
   Instead, start small: Walk 10 minutes a day or add one veggie per meal.
2. **Vague Intentions:** "Eat better" isn't clear enough.
   Instead, make it SMART: Specific, Measurable, Achievable, Relevant, Time-bound. Example: "Attend two fitness classes weekly for a month."
3. **Relying on Motivation:** Motivation fades—habits stick.
   Instead, focus on daily wins: Build routines that carry you through low-energy days.
4. **Guilt-Based Goals:** Shame doesn't inspire lasting change.
   Instead, choose self-care: Ask, "What helps me feel strong and energized today?"

Sustainable wellness comes from small, consistent actions. Progress—not perfection—is the key to lasting change.

Resource Link

Benefit Basic Feature

Starting 2026 with Your Wellness Journey!

Did you know that as an employee of the City of Akron, you have access to a variety of services to help you start—or continue—your wellness journey? Start the year off with the tools, support, and resources you need to prioritize your health and well-being. The programs below include options available to all employees through AllOne Health, as well as additional services offered at no cost to medically enrolled employees and their covered dependents.

Programs and how they can help YOU:

AllOne Health

Your employee assistance program that is available to you and your household family members. The program offers mental health, wellness coaching, life and financial coaching, and additional resources.

- To log in:
  Visit: www.Easeatwork.com
- Code: akron
- You can also reach the EAP by phone at 800-521-3273.

MedMutual WELL

Sign up or sign in to MedMutual Well—via the app or desktop—to explore available tools and resources. From mental health to physical well-being, this program supports you at every stage of your health journey.

You may be contacted by Medical Mutual if they believe you might benefit from any of these programs and help you get started. If you would like to enroll, call 1-800-590-2583 to learn more about these offerings. The support specialists are available Monday through Friday 8 a.m. to 4 p.m. (with a confidential voicemail available 24/7).

Marathon Health

Direct primary care service offered as an extension of medical benefits. As a medically enrolled employee or your dependents, you can enroll at any time. Schedule your appointment and a local clinic to get started on saving money, time, and expensive trips to urgent care/emergency rooms.

- How to Enroll: To take advantage of the Marathon Health program, you can enroll the following ways:
  - Online: https://my.marathon-health.com/login
  - Phone: 888-830-6538
- Questions? Call 888-830-6538. Additional information is also available on the Marathon Health website at https://my.marathon-health.com/login

sword

Sword Health is a virtual physical therapy program with easy-to-use technology at no additional cost to you! Just as effective as going in-person, this program can help you overcome joint, back, muscle pain, pelvic health (through Bloom), and focus areas from the comfort of your own home.

lark

Choose one or multiple pathways

- **Lark for Diabetes Management:** This program helps you take control of diabetes and includes a complimentary smart scale and glucometer with testing supplies.
- **Lark for Weight Loss:** Lose weight, manage your physical and mental health with Lark's CDC recognized prevention program and receive a complimentary smart scale.
- **Lark for Hypertension:** Manage high blood pressure and build healthy habits with help from a smart scale and blood pressure cuff.

MedMutual

Resources

- Tobacco Cessation through QuitLine/Pivot Program
- WeightWatchers (additional cost may apply)
- Telephonic, Digital, or Virtual Health Coaching
- 24/7 Nurse Line: 1-888-913-0636
- Care Navigation
- Transitional Care
- Palliative Care
- MedMutual Maternity and more!