

FSD 145

Employee Wellness Program



09.01.23 - 05.31.24*

**Final day to submit points - 5.31.24 No points will be accepted after this deadline.*

For all full-time employees who are enrolled in Freeport School District #145 healthcare benefits through BCBSIL.

As a school district, we want to lead the way with a wellness initiative that will encourage you to take an active role in managing your health. Becoming aware and creating habits toward a healthier lifestyle will have a positive, long term effect on staying healthy in the future. To encourage the development of healthy habits we will be continuing **Monthly Challenges** you may participate in throughout the program.

Watch your emails for the Monthly Challenge specifics.

What's in it for me?

Check out the information below!

Besides learning more about how to develop and maintain a healthy lifestyle there are rewards for participating!

Participants in the Wellness Program may use the Payroll Deduction Agreement for fitness trackers over \$150.00. Order your tracker through Steve Owens in Purchasing to participate. Questions? Call Michelle Keister at 815.232.0305. Offer expires 12.31.2023

Details on participation requirements are found on the next page.

Join the **Anxiety Detox** group to count as one of your Virtual Seminar Series. More information is included in your invite email.
(Maximum of 50 points per year for participation.)

Point Schedule

Reward

⇒ 400—599 points	\$25 gift card
⇒ 600—799 points	\$50 gift card and drawing for an additional \$25 gift card
⇒ 800—999 points	\$100 gift card and drawing for an additional \$50 gift card
⇒ 1,000—1,499 points	\$250 gift card and drawing for an additional \$100 gift card
⇒ 1,500—and over points	\$500 gift card
⇒ 2,000—and over points	\$500 gift card and drawing for an additional \$100 gift card



The FSD Wellness Program is full of benefits!

All you need to do is participate and track your participation. Please read the required documentation carefully. Documentation may be submitted via [Google Form](#), email to health@fsd145.org or send via the interoffice tote to the attention of Michelle Keister. **No need to submit your documentation more than once** as it slows down the process of recording points. Please, allow a minimum of 2 weeks for your points to be recorded.



Activity

- | <u>Activity</u> | <u>Possible Points</u> |
|---|--------------------------------|
| • Wellness Seminar - (watch your emails for details) | 50 points (per seminar) |
| • Gym attendance - 8 times per month
<i>*Use of home equipment may count towards your points. Include the date, time used and type of activity. (Minimum 30 min. in length each date.)</i> | 50 points (per month) |
| • Group Fitness class - 3 times per month
<i>*Verified by monthly class attendance printout or calendar initialed by class instructor. Virtual class is an option. Include the title of the class along with the date, time and type of activity. (Minimum of 30 min. in length per class.)</i> | 50 points (per month) |
| • 10,000 or More Steps/Day OR 30 Minutes Moderate Exercise
<i>*Verified by app printout, screenshot of your activity or signed calendar showing the dates of your activity. (Eight times per month required to earn points.)</i> | 50 points (per month) |
| • Annual Wellness Exam/Physical
<i>*Verification form must be signed and submitted.
Appointments dated 6/1/23 - 5/31/24 will count for this year.</i> | 50 points (per year) |
| • Annual Dental Exam
<i>*Verification form must be signed and submitted.
Appointments dated 6/1/23- 5/31/24 will count for this year.</i> | 50 points (per year) |
| • Annual Visual Exam
<i>*Verification form must be signed and submitted.
Appointments dated 6/1/23 - 5/31/24 will count for this year.</i> | 50 points (per year) |
| • Biometric Screening Participation
<i>Watch your email for the dates/locations!
*Attendance will be taken and points awarded.</i> | 150 points (per year) |
| • Monthly Challenge
<i>Monthly Challenge must be completed according to challenge criteria.</i> | 100 points (per month) |
| • BCBSIL—Health Assessment
<i>Complete the Well onTarget Health Assessment found on your bcbsil.com personal portal. Submit verification.</i> | 50 points (per year) |
| • BCBSIL— Completed Educational Program or Challenge
<i>Complete a Well onTarget Challenge or Program found on your bcbsil.com personal portal. Submit verification.</i> | 50 points (per month) |
| • BCBSIL—Register for MDLIVE
<i>Register for MDLIVE or show proof that you are already registered.</i> | 50 points (per year) |

*Wellness Program details may be found by going to our website: www.fsd145.org/wellness

*Accommodations may be arranged as required for special needs. Contact Michelle Keister.