

# FSD 145

## Employee Wellness Program



09.01.24 - 05.31.25\*

*\*Final day to submit points - 5.31.25 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?

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

Monthly Challenges include a drawing each month for successful completion of that challenge.

Gift card rewards are based on your total points at the end of the program.

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 12.31.2024

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 and drawing for an additional \$100 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](mailto:health@fsd145.org) or send via the inter-office tote to the attention of Michelle Keister. **No need to submit your documentation using more than one method** as it slows down the process of recording points.

**All points for the month are due the last day of the following month  
(example: September points are due by October 31st.)**

### Activity

### Possible Points

- **Wellness Seminar** - (watch your emails for details) **50 points (per seminar)**
- **Gym attendance - 8 times per month** **50 points (per month)**  
*\*Use of home equipment may count towards your points. Include a photo of your home equipment and the date, time used and type of activity. (Minimum 30 min. in length each date.)*
- **Group Fitness class - 3 times per month** **50 points (per month)**  
*\*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.)*
- **10,000 or More Steps/Day OR 30 Minutes Moderate Exercise** **50 points (per month)**  
*\*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.)*
- **Annual Wellness Exam/Physical** **50 points (per year)**  
*\*Verification form must be signed and submitted or EOB document provided.  
Appointments dated 6/1/24 - 5/31/25 will count for this year's program.*
- **Annual Dental Exam** **50 points (per year)**  
*\*Verification form must be signed and submitted or EOB document provided.  
Appointments dated 6/1/24- 5/31/25 will count for this year.*
- **Annual Visual Exam** **50 points (per year)**  
*\*Verification form must be signed and submitted or EOB document provided.  
Appointments dated 6/1/24 - 5/31/25 will count for this year.*
- **Biometric Screening Participation** **150 points (per year)**  
*Watch your email for the dates/locations!  
\*Attendance will be taken and points awarded.*
- **Monthly Challenge** **100 points (per month)**  
*Monthly Challenge must be completed according to challenge criteria.*
- **BCBSIL—Health Assessment** **50 points (per year)**  
*Complete the Well onTarget Health Assessment found on your [bcbsil.com](http://bcbsil.com) personal portal. Submit verification.*
- **BCBSIL— Completed Educational Program or Challenge** **50 points (per month)**  
*Complete a Well onTarget Challenge or Program found on your [bcbsil.com](http://bcbsil.com) personal portal. Submit verification. One challenge/program per month.*
- **BCBSIL—Register for MDLIVE** **50 points (per year)**  
*Register for MDLIVE or show proof that you are already registered.*

\*Wellness Program details may be found by going to our website: [www.fsd145.org/wellness](http://www.fsd145.org/wellness)

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