Wellness Initiative Instructions

Maintaining a healthy lifestyle through activity, well care, preventive care, and balanced nutrition.

Before you may collect contributions to your HSA (Henniker, John Stark Regional, SAU 24 central office employees covered by the Lumenos High Deductible Health Plan), you must complete the following steps:

- Complete the Wellness Initiative Enrollment
- Submit the form to Kathleen Sargent, Business Administrator at SAU 24
- Read the list of allowable objectives (attached)
- Access the Wellness Log on the school or SAU website
- Begin participating in the objectives, log your activities, and save the appropriate ‘proof of completion.’

The Wellness Log should be completed quarterly on or before September 30, December 31, March 31, and June 30. It must be submitted to Kathleen Sargent, SAU 24 Business Administrator, no later than one week following the close of the quarter (see above dates). Activities will qualify only if submitted in the quarter in which they were completed.
SAU 24 Wellness Initiative Enrollment

Maintaining a healthy lifestyle through activity, well care, preventive care, and balanced nutrition.

I, ________________________, wish to enroll in the John Stark Regional School District Wellness Initiative for the 2016-2017 school year.

Name:

School:

SAU 24 Health Plan: Single, Two-person, Family
(please circle one)

Signature

Date