Wellness Initiative

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

Employees of the John Stark Regional School District enrolled in the Lumenos High Deductible health plan are offered incentives to maintain a healthy lifestyle. It is possible to earn up to $1,000 annually to be contributed to the subscribing employee's Health Savings Account, in addition to the District contribution, through participation in the following objectives from July 1, 2016 to June 30, 2017.

There will be over $1,500 in earning opportunities during the year. Regardless of wellness needs and interests, there are ample opportunities to reach the maximum contribution of $1,000 per plan.

**Annual Objectives:**
The following objectives can be earned once annually.

**Annual Physical**
Provide proof you have completed your annual physical during the Wellness Program year. $50

**Smoking Cessation** (one time only benefit, participants must be 18 years of age or older)
Report if you quit smoking during the Wellness Program year. (see form) $50

**Tobacco-Free Lifestyle** (participants must be 18 years of age or older)
Report that you live a tobacco-free lifestyle. (see form) $50

**CPR/First Aid Certification**
Provide proof that you have received a CPR certification during the Wellness Program year. $50

**Health Screenings** (maximum of $50.00 per year per covered member)
Provide proof of any one health screening such as: Colonoscopy, Mammogram, Bone density $50

**Flu Shot**
Provide proof that you have gotten a flu immunization during the Wellness Program year. $25

**Quarterly Objectives:**
The following objectives can be earned once per quarter, for a maximum of 4 times annually.

**Personal Objective** (participants must be 5 years of age or older) $25
Provide proof of participation in a wellness activity of your choice on your own time.
Examples: hiking a mountain, taking a healthy cooking class, coaching a sports team or playing on a sports team.
Weight Loss Program $50
Provide proof of your Weight Watchers or other weight loss program participation for at least a 12-week period. You must have attended at least 10 of the 12 weeks. No need to report weight loss.

Exercise Objective (participants must be 5 years of age or older) $50
Provide proof of physical activity for a 20-minute period, a minimum of 3 times per week, during a 12-week period. (Must complete at least 10 out of 12 weeks and document on a log).

Health Coach Participation $50
Provide proof that you have worked with a Health Coach on your personal goals. This can be a coach through HealthTrust, or other wellness professional (Nurse, Dietician, Diabetes Educator, Personal Trainer, etc.).

Community Activities (participants must be 5 years of age or older) $25
Volunteer your time to help those in need or participate in road races or walks. Must be a recognized 501(c)(3) charity.

Food Journal (participants must be 5 years of age or older) $25
Provide a food journal for no less than a 2-week period. (see form)

As Offered:
The following objectives can be completed any number of times, as offered by the SAU or school wellness committee.

6-Week Challenge $50
Complete all requirements for a 6-week challenge. Challenges to be announced via email.

School Sponsored Wellness Activity $25
Attend a scheduled wellness visit or lecture, or other offering sponsored by SAU 24 or your school wellness committee.

Monthly Wellness Challenge $25
Participate in a monthly challenge offered by your school wellness committee.