



# 2018-2019 WELLNESS ACTIVITIES

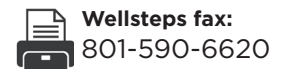
## Activities To Earn Rewards Points:

- Earn a minimum of 275 Rewards Points to opt-in to the 2019/20 Wellness Plan.
- Earn a minimum of 375 Rewards Points and earn a Gold Level REWARD.

**Note:** Deadline to earn points is April 30, 2019

	Wellness Activity	Points	Activity Descriptions	How to Submit and Redeem Points
SCREENINGS AND ASSESSMENTS	Biometric Screening	75	Scheduled District events include biometric measurements (height, weight, waist, and blood pressure) and a blood draw (complete metabolic panel, lipid panel, hemoglobin A1c). Participant will receive their screening results in the mail within two weeks of the screening.	Completing a screening at a District location - points will be submitted for you. If you complete a screening with your own doctor, you will need to submit a form to WellSteps by fax or by using the WellSteps website or App. Health Screening Verification Form must be signed by your Medical Provider.
	Personal Health Assessment	25	The Personal Health Assessment (PHA) survey tool consists of valid and reliable questions related to lifestyle practices, health history, and biometric measures to determine individual health status and risk.	Log in at <a href="https://www.wellsteps.com/boiseschools">https://www.wellsteps.com/boiseschools</a> and complete your Personal Health Assessment. New users will need to register. Returning users can log in using assigned user name and unique password.
	Meet Targets for Blood Pressure and Hemoglobin A1c . . .OR . . . Complete a Take Charge Program	100	<p><b>Option 1:</b> Results from screening meet targets for blood pressure (<math>\leq 140/90</math>) and hemoglobin A1c (<math>\leq 7</math>).</p> <p><b>Option 2 (if screening results do not meet targets):</b> Prevention Health Specialists will follow-up with covered members whose screening results place them in a higher-risk category. Take Charge is a free and confidential program through Saint Alphonsus.</p> <p><b>Option 3 (if screening results do not meet targets):</b> Have your medical provider complete and sign the Take Charge section of the Health Screening Verification Form (<a href="#">CLICK HERE</a>) and submit the form to WellSteps via fax or the WellSteps website or App.</p>	<p><b>Option 1:</b> If your results meet the targets, you will automatically get your points.</p> <p><b>Option 2:</b> Upon program completion, Saint Alphonsus will submit your points to WellSteps.</p> <p><b>Option 3:</b> Submit a Health Screening Verification Form with the Take Charge section completed and signed by your medical provider to WellSteps using their website, fax, or App.</p>
	Self report a recommended health preventive exam	25	Complete recommended preventive exams based on age, gender, family and personal medical history (ex. Vision, dental exams).	Self-Reported item. No documents needed. Check off at: <a href="https://www.wellsteps.com/boiseschools">https://www.wellsteps.com/boiseschools</a> on the Rewards page.
WellStep Campaigns & Behavior Change Programs	Happiness Matters ... September 17th	25	<a href="https://www.wellsteps.com/happiness-matters">https://www.wellsteps.com/happiness-matters</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Feel Fitness ..... November 12th	25	<a href="https://www.wellsteps.com/feel-fitness">https://www.wellsteps.com/feel-fitness</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Resilient You ..... January 14th	25	<a href="https://www.wellsteps.com/resilient-you">https://www.wellsteps.com/resilient-you</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Move It Coast to Coast ..... March 11th	25	<a href="https://www.wellsteps.com/move-it-coast">https://www.wellsteps.com/move-it-coast</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Live Well Health Coaching <i>Available year round</i>	25/visit	Partner with a Saint Alphonsus Health Coach to adapt new, healthy lifestyle habits. To Learn more: <a href="#">CLICK HERE</a>	No documents needed. Points will be automatically verified and submitted to WellStep.
	Live Well Nutrition Counseling <i>Available year round</i>	25/visit	See a registered dietitian for nutrition and dietary guidance you can trust. Optimal nutrition can help with many conditions such as: high cholesterol, high blood pressure, diabetes and weight management. To learn more <a href="#">CLICK HERE</a>	No documents needed. Points will be automatically verified and submitted to WellStep.

	Wellness Activity	Points	Activity Descriptions	How to Submit and Redeem Points
WELLNESS ENRICHMENT	A series of classes with the intent to improve health and wellness	50 - Max 100 Points	Attend a series of health and wellness classes (4 class minimum) with the intent to improve stress, fitness, nutrition, body mass index, or other health profile (i.e., Weight Watchers, yoga or walking group).	Submit a completed Activity Form by fax or using the WellSteps Website or App.
	District Wellness Webinar	25 / each	Scheduled informative wellness webinars will be available throughout the year. Invites will be sent to those registered at wellsteps.com/boiseschools.	Webinars: Attend on-line and sign-in as directed. Points will be submitted for you.
	District Wellness Presentation / Live	25 / each	Scheduled wellness presentations are available throughout the year. Presenters will include local experts who have a passion in wellness topics. All locations can schedule a live wellness presentation. To schedule call: 208-367-4458 or email Kelsea.Hopkins@saintalphonsus.org	Live presentations: Points will be submitted for you upon verification of attendance.
	Organize a Wellness Event / Presentation	50 - Max 100 points	Make a positive difference and organize an event that promotes employee health and wellness. Do you want to be a wellness champion? For more details contact: wellness@boiseschools.org	Submit a completed Group Wellness Activity Request Form by email or school mail to the Wellness Coordinator/District Service Center.
PERSONAL WELLNESS ENRICHMENT	Community Fitness Events	50	Participate in a community physical activity event, such as fun run/walk, bike ride, dance-a thon, etc.	Submit a completed Activity Form and copy of registration using the WellSteps website or App.
	Endurance Competitive Events	75 - Max 150 Points	Participate in a physical activity event that emphasizes regular training and competing in sustained endurance events such as marathons, cycling, swimming, hiking, cross country skiing, etc.	Submit a completed Activity form and copy of results using the WellSteps website or App.
	Gym Attendance or Gym Alternative	75	Gym attendance can be verified by an attendance log of 2 consecutive months that shows a minimum of 20 entries, or use alternative log on back of wellness activity form	Submit a copy of attendance record for 2 consecutive months with Activity Form using the WellSteps Website or App.
	WellSteps MyTracker	50 - Max 100 Points	Track a health activity or sync your wearable device over a minimum of 4 consecutive weeks using the WellSteps health tracker (MyTracker). Track for an additional 4 consecutive weeks to earn a max of 100 points..	Sync your wearable device to WellSteps MyTracker or submit manual entries in WellSteps MyTracker. Entries must be 5 days per week for a minimum of 4-consecutive weeks.
	LifeSteps - 13 week weight loss class led by a Saint Alphonsus Dietitian	100	Participate in this 13 week class focusing on one habit each week. Proven behavior change techniques will help you gain and sustain your desired weight. You must attend a minimum of 9 weeks to receive full points. Sign up here: <a href="https://signupwellness.eventsmart.com/events/lifestepsfall/">https://signupwellness.eventsmart.com/events/lifestepsfall/</a>	Must attend a minimum of 9 classes for full points. Submit a completed Activity Form by fax or using the WellSteps website or App.
EXEMPTION	Approved Exemption Form from Activities	275	If it is unreasonably difficult or medically inadvisable to participate in these Wellness Activities, an exemption form is available. Not eligible for GOLD LEVEL REWARDS <a href="#">CLICK HERE</a>	Submit a completed and signed Exemption Form by fax or using the WellSteps website or App.



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**District Wellness Website**

[www.boiseschools.org/our\\_district/wellness\\_program](http://www.boiseschools.org/our_district/wellness_program)



**Download the WellSteps App for iPhone, iPad or Android**

[Boise@WellSteps.com](mailto:Boise@WellSteps.com)  
[www.wellsteps.com/boiseschools](http://www.wellsteps.com/boiseschools)

**Wellness Program Partner Contacts:**

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