

Boise School District

Wellness Program Overview

Human Resources Department
Wellness Program
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Boise Schools Wellness Program

The Boise School District rewards you for taking responsibility for your health by offering the Wellness Medical Plan for those who **earn 275 WellSteps Rewards Points**. Receive a \$90 gift card by earning additional WellSteps Rewards Points. This presentation includes the following:

- [Who is invited to participate in the Wellness Program](#)
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Who is invited to participate in the Wellness Program?

The Wellness Program is available to all active and retirees on the Regence Medical Plan.

All new hires will automatically get started on the Wellness Plan. To remain on the Wellness Plan the subsequent plan year, employees must meet the Wellness Plan requirements (275 points) by *April 30th if hired prior to December 1, 2018.*

- If member chooses **NOT** to opt-in this year, the member will default to the Standard Medical Plan next plan year (2019/20).
- [Wellness Plan vs. Standard Plan.](#)

Only the primary member is required to meet the points if they choose to opt-in.



What is required to opt-in to the Wellness Plan?

To qualify for the Wellness Medical Plan in the 2019-20 School Year, employees will need to complete the following requirements by April 30th, 2019 (current school year):

- ❑ Accumulate a minimum of **275** total points to qualify for the [Wellness Plan](#)* by completing activities of your choosing; refer to attached list.
- ❑ Accumulate a minimum of **375** total points to qualify for the [Wellness Plan](#)* plus the **Gold Level \$90 Rewards Card** (option).

Medical eligible employees who choose not to opt-in to the Wellness Medical Plan will be moved to the [Standard Medical Plan](#).

Point driven [ACTIVITY OPTIONS](#) have to be completed and submitted by April 30th.



How do I get started?

Starting September 1st, start by completing your **CONFIDENTIAL Personal Health Assessment** (25 points) at wellsteps.com/boiseschools.

If you choose to complete a biometric screening (75 points), results from your screening will be uploaded to your PHA.

Next, go to the REWARDS page and start checking off Wellness Activities to start earning points. If the item says “*pending*”, that means you need to verify the selected activity by completing a WellSteps intervention, OR by submitting a form.

Track your points using the Dashboard, sync your wearable and track your fitness using My Tracker, participate in campaigns. Now, WellSteps Share allows you to customize your personal challenges and achieve your Wellness goal and/or challenge other peers.





How do I track my points?

Employees can check-off completed Wellness Activities on the WellSteps REWARDS page and track points using the Wellsteps Dashboard.

The Dashboard is your tool to check the points towards the needed points for the Wellness Plan and the Gold level Reward.

Allow 5-7 days for points to be reflected for those activities needing verification by a form or other.

- 1 Act on one tip in the Wellness News You Can Use section!
- 2 Check Wellness Plan = 275 Rewards Points today!
- 3 Happiness Matters
- 4 Check out the calendar for upcoming wellness events!

- ❑ **WellSteps Activities driven by the site:**
Personal Health Assessment, Campaigns, My Tracker, Webinars are verified automatically; no form needed just submit your needed tasks.
- ❑ **Personal Activities:**
Submit an ACTIVITY FORM using the free WellSteps App, upload to the REWARDS page, or send to wellness@boiseschools.org. **Forms can be found on the Boise School District Wellness Website.**

The screenshot shows the "DASHBOARD" interface. At the top, it displays "Wellness Plan = 275 Rewards Points" with a status of "NOT COMPLETED" and a "NOT DONE? CLICK HERE" link. Below this, there is a "Rewards" section showing "POINTS 50" and "LEVEL: NO LEVEL".



How do I know my Wellness activity was accepted and verified?

The screenshot shows the 'REWARDS' page with a blue header. Below the header are three icons: 'Activities', 'Pending' (with a red notification bubble), and 'Prizes'. The user's current status is 'My Points: 2600' and 'My Level: No Level'. A link to 'Record your activity and earn rewards' and 'See your company's honesty policy here' is provided. A dropdown menu shows 'June 2018 (0)' and a 'Hide All' button. Below this is a table of 'Annual Activities' with a total of 800 points.

Annual Activities	Points: 800
<input type="radio"/> I reached my wellness goal this year about weight, exercise, or nutrition.	400
<input type="radio"/> I took a vacation or time off where I completely unplugged from work.	200
<input type="radio"/> I read a book this year about a topic that interests me such as wellness, exercise, finances, etc.	200
<input type="radio"/> I participated in an outdoor recreational activity for an extended period of time (2+ hours).	100
<input type="radio"/> I sent a thank you note to a coordinator or broker.	100
<input type="radio"/> I made a conscious effort to eat less meat and processed food this month.	100

The deadline date to complete and submit all Wellness Activities for points is April 30th.

- ❑ Go to the REWARDS page and check of the Activities you have completed, or are in the process of completing.

- ❑ Some Activities are auto-verified
(no form needed)
 - Biometric screening completed at a school location
 - WellSteps Campaigns
 - Personal Health Assessment
 - My Tracker
 - Webinars (live)

- ❑ Personal Wellness Activities require an **ACTIVITY Verification form.**



What does a biometric screening include?

The District hosted Screening events administered by Saint Alphonsus include the following tests.

- Blood Pressure +
- Hemoglobin A1c and a Fasting Glucose Test +
- Height and Weight for a Body Max Index
- Waist measurement
- Comprehensive Metabolic Panel

IMPORTANT

Members may choose to complete their screening with their own provider by submitting a Health Screening Verification form to WellSteps.

+ Required screenings are necessary to earn the Take Charge points (100 points)



What is Take Charge?

If you choose to complete a biometric screening (75 points) at a District location and your results indicate you are at risk for hypertension and/or diabetes, you will be contacted by the Saint Alphonus' clinical team (**Take Charge Program**).

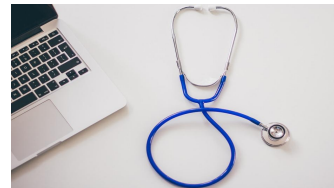
Based on biometric screening results, members will fall into **TWO** categories for the Take Charge Program:

*If your Blood Pressure and Hemoglobin A1c are within the Health Targets, the 100 points will be applied automatically by WellSteps upon receiving your information.

OR

*If your Blood Pressure and/or Hemoglobin A1c are above the Health Targets then you have the opportunity to improve your health by participating in the **Take Charge Program**. You can work one on one with a dietitian, nurse or physician from the Take Charge Team. You will earn 100 points by WellSteps once Take Charge follow-ups are met.

BLOOD PRESSURE	HEMOGLOBIN A1c
Blood pressure is used to monitor risk for heart disease and stroke. Target: Below 140/90	Hemoglobin A1c is used to screen for diabetes and pre-diabetes. Target: Below 7.1



A Completed Health Screening Verification Form is required if you complete a screening with your OWN provider.

Can I organize a Wellness ACTIVITY in my building?

Yes, with approval by a building Administrator! Event organizers can earn 50 points per event. Not only do building events promote a healthy culture, but also a provide opportunities for staff to adopt and sustain a healthy habit.

Here is how:

- ★ The organizer may submit a copy of the [Group Wellness Activity Request Form](#) to the Wellness Coordinator at wellness@boiesschools.org or send it by school mail to the DSC for approval.
- ★ Next, you should get a link to register for your organized event. This is important if you would like to redeem points for your participation.





Samples on meeting 275 point

You choose the activities to reach 275 points by April 30th

PHA Biometric Screening Organize a Wellness Event My Tracker Gym Attendance/Alternative	PHA Biometric Screening Take Charge Targets Gym Attendance/Alternative	PHA Biometric Screening WellSteps - Total Therapeutic Lifestyle Course Gym Attendance Alternative
PHA Gym Attendance/Alternative Community Fitness Event Wellness Classes My Tracker Webinar	PHA My Tracker 1 campaign 2 webinars 2 Live Well visits Gym Attendance	PHA Biometric Screening Meet Take charge points Endurance Event



Who do I contact if I need help?

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HELPFUL LINKS

- [Boise Schools Wellness Page](#) - Information on Wellness Program
- List of Wellness Activity options
- [WellSteps](#) - PHA, Campaigns, My Tracker, WellSteps Reward points and more.
- Saint Alphonsus - [Register for a District hosted screening](#)
- Calendar



Where and when are the District Hosted Biometric Screening Events?

The District hosted biometric screening schedule is available on the link below. The screenings are scheduled from 6:30 AM and go until 9 AM. This benefit is free to those on the Regence Medical Plan

[Biometric Health Screening Events Schedule](#)

To register for a screening event, [click here!](#)