

## Boise School District Employee Wellness

Health and wellness is important to the Boise School District. The Joint Insurance Committee has recommended a wellness health insurance plan option for eligible members who participate in the upcoming **2009 Fall Health Screenings and Personal Wellness Profiles (PWP's)**. Eligible members who voluntarily complete an upcoming screening will have lower out of pocket expenses for plan year 2010-2011 compared to plan members who do not participate. The health plan member who completes a health screening extends the same plan to their dependents.

Completing a **Health Screening** and health risk assessment known as the **PWP** are the first steps towards health and vitality. Screening results allow plan members to recognize key numbers, understand what those numbers mean, and initiate a healthy lifestyle plan. Research published in *The Journal of Occupational and Environmental Medicine* indicates that employer hosted screenings and health risk assessments can have significant outcomes for finances and the health status of employees. In these uncertain economic times, good health and a good insurance plan are too important to leave to chance.

We invite you to participate in our efforts to keep the District's health plan members healthy.

Great prize drawings are available for employees who complete the on-site **Health Screenings**. Prizes include a Wii and Wii Fit, his and hers bikes, an iPod, and more!

In good health,

**Isabel K. Snell**  
Boise School District  
Employee Wellness Coordinator

## How do I complete a Health Screening at a District location?

1. To register, go to the following site:  
[www.stlukesonline.org/healthsolutions](http://www.stlukesonline.org/healthsolutions)

Click Boise School District "**Employee Registration**", *select location, date, and time.*

Click "**Finished—Complete Registration**".

Fill out an attendee information form. Click "**Submit Registration**" to confirm.

2. Obtain a **PWP** questionnaire from a school nurse; complete and bring it with you to your screening appointment. Remember, completing your **PWP** questionnaire prior to the screening saves time!

Your **Personal Wellness Report** will be mailed to your home within a week of your screening date.

**A 9-12 hour fast is necessary. No food or drink, only water.**

## Why have lab work done at the screening? Compare the savings!

A standard screening test includes checking for lipids, glucose, and a complete metabolic panel (CMP).

**District Health Screening:**  
\$5 co-pay for health plan members  
\$25 total cost to plan

**Outside Health Screening:**  
\$140 estimated cost to plan

## What if I am retired or recently completed a Health Screening with my personal doctor?

1. Obtain a **PWP** questionnaire from a school nurse. Complete the **PWP** by entering health information such weight, height, blood pressure, glucose, lipids, and more from your last wellness exam.
2. Attach a copy of your recent lab results to the completed **PWP**. Turn in the completed **PWP** to a St. Luke's health professional at one of the morning screenings or mail to St. Luke's by April 30, 2010.

**St. Luke's Health Solutions**  
Attention: Nicole Fitzgerald  
190 E. Bannock St.  
Boise, Idaho 83712

### **Retirees under 65 on the District's plan:**

1. May register for any of the District screening sites.
2. May follow the above alternate procedures and mail the completed **PWP** with a copy of most recent lab results to St. Luke's by April 30, 2010.

You can also request to have a blank **PWP** questionnaire mailed to you by contacting Isabel K. Snell, Boise School District Employee Wellness Coordinator, at **854.4083** or [isabel.snell@boiseschools.org](mailto:isabel.snell@boiseschools.org).

For the most accurate PWP report, it is advised that the lab values submitted be less than 90 days old.

Screening schedule available at:  
[www.boiseschools.org/benefits/wellness](http://www.boiseschools.org/benefits/wellness)

*Limited screening dates will be available in the spring. Dates, times, and locations to be announced.*