

Boise School District

Did you know? Wellness Program Overview

Human Resources Department
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Did you know?

Did you know the District has an employee [wellness program](#) that works and was [nationally recognized](#)?





Wellness at work.

Medical Cost Savings

Our [Regence Blue Shield Medical Wellness Plan](#), which is tied to the Wellness Program, has not experienced a cost increase for the last three (3) years.



Why No Increase?

Two factors:

1. Plan fortunate not to experience catastrophic claims, and
2. Due to the culture of wellness created by District employees.



Below National Trends

Nationally, [employers](#) are seeing at least 5% annual increases to their health insurance costs.





Why wellness?

Healthier Lifestyles

The District's Wellness Program was created to promote healthier lifestyles among District employees. Why? Healthier lifestyles lead to lower [medical costs](#), lower absentee rates, and overall more fulfilling lives.





Wellness Program benefits.

Wellness Participation

To participate in the Wellness Program, you must be enrolled on the District's [Regence Blue Shield Medical Plan](#). To provide wellness services, the District has partnered with [WellSteps](#) and [St. Alphonsus](#).



Medical Plan Savings

The Wellness Program is tied to the District's medical plan. Meeting the Wellness Program requirements offers you savings on your [premium](#) (\$480/yr savings) and [deductible](#).



Voluntary Participation

Participation in the Wellness Program is completely voluntary. Those not participating and enrolled on the District's medical plan will be moved to the [Standard Plan](#).

BENEFITS





Wellness Program requirements.

Wellness Program Requirements

To participate in the 2019-20 Wellness Program and qualify for the [Regence Blue Shield Wellness Medical Plan](#), you must earn a minimum of 275 WellSteps Rewards Points by April 30, 2019.



WellSteps Rewards Points

Earning WellSteps Rewards Points is as easy as choosing from a [menu of activities](#).



Gold Level & \$90 Gift Card

If you go above and beyond the minimum point requirement of 275 and reach the Gold Level of at least 375 points, you will also receive a \$90 gift card.

FYI



New Hires

All new hires who enroll in the Regence Medical Plan will automatically be enrolled in the current year's Wellness Plan. Those hired after December 1st, will automatically be enrolled on the Wellness Plan the following plan year.



Requirements





Resources.

For all information regarding the District's Wellness Plan, please visit the [Wellness Plan](#) web page.

Additional resources:

1. Human Resources, Wellness Team
wellness@boiseschools.org
2. Human Resources, Benefits Team
benefits@boiseschools.org
3. [Employee Benefits Web Page](#) (Intranet; sign-in required)

