



# WELLNESS ACTIVITIES

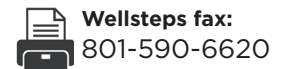
## Activities To Earn Rewards Points:

- Earn a minimum of 275 Rewards Points to opt-in in to the 2017/18 Wellness Plan.
- Earn a minimum of 375 Rewards Points and receive a \$90 Reward Gift Card

	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 personal created 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> Take Charge is a free and confidential program through Saint Alphonsus. Preventive Health Specialists follow-up with covered members whose screening results place them in a higher-risk category.</p> <p><b>Option 3 (if screening results do not meet targets):</b> Have your Medical Provider sign a Take Charge Form. 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 Take Charge Form signed by your medical provider to WellSteps using their website, fax, or App.</p>
	Preventive Exam	25	Complete at least one health exam this year. (Ex: vision, dental, age/gender specific physical).	Self-Reported item - 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	Healthy Weight For Life ... September 11th	25	<a href="https://www.wellsteps.com/healthy-weight">https://www.wellsteps.com/healthy-weight</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Maintain, Don't Gain ..... November 13th	25	<a href="https://www.wellsteps.com/maintain-dont-gain">https://www.wellsteps.com/maintain-dont-gain</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Rethink Your Drink..... January 22nd	25	<a href="https://www.wellsteps.com/boiseschools">https://www.wellsteps.com/boiseschools</a>	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
	Move It! .....April 2nd	25/visit	<a href="https://www.wellsteps.com/move-it">https://www.wellsteps.com/move-it</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>	We will submit points to WellSteps.
	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>	We will submit points to WellSteps

## WELLNESS ACTIVITIES (CONTINUED)

	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	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/Presentation	25	Scheduled wellness presentations and webinars 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:208-367-4459 or <a href="#">CLICK HERE</a> for more information.	Live presentations: Points will be submitted for you.  Webinars: Attend on-line and sign-in as directed. Points will be submitted for you.
	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 Activity Form by fax or by using the WellSteps website or App.
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	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 Activity Tracker	50	Track a health activity or sync your wearable device over 4 consecutive weeks using the WellSteps health tracker (MyTracker).	Sync your wearable device to WellSteps MyTracker or submit manual entries in WellSteps MyTracker. Entries must be 4 days per week for a minimum of 4-consecutive weeks.
	LifeSteps - 13 week weight loss class led by a Saint Alphonsus Dietitian	75	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 7 weeks to receive full points. Sign up here: <a href="https://signupwellness.eventsmart.com/events/lifesteps/">https://signupwellness.eventsmart.com/events/lifesteps/</a>	Must attend a minimum of 7 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. <a href="#">CLICK HERE</a>	Submit a completed and signed Exemption Form by fax or using the WellSteps website or App.



### Boise Schools Employee Wellness Program Contacts:

Isabel Kurita, BSD Wellness Coordinator  
(208) 854-4083  
wellness@boiseschools.org

### HR Benefits Team

(208) 854-4074  
benefits@boiseschools.org

### 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  
[www.wellsteps.com/boiseschools](http://www.wellsteps.com/boiseschools)

### Wellness Program Partner Contacts:

Valerie Lawrence, Saint Alphonsus Corporate Wellness  
(208) 367-4459 | [Valerie.lawrence@saintalphonsus.org](mailto:Valerie.lawrence@saintalphonsus.org)