



Wellness Plan Eligibility Information

Prefer to go to your own primary care provider?

If you have seen your provider for an exam and labs between May 1, 2017 and April 30, 2018 submit the completed and signed Health Screening Verification form into WellSteps to earn your screening points.

Form can be found at:
www.boiseschools.org/our_district/wellness_program

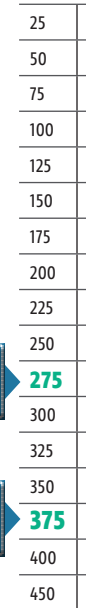


Additional Choices to Earn Points

The district supports your health in a variety of ways. Listed here are many ways to earn your additional points.

| ACTIVITIES: | POINTS |
|--|----------------|
| <input type="radio"/> Biometric Screening | 75 |
| <input type="radio"/> Personal Health Assessment | 25 |
| <input type="radio"/> Meet Take Charge Targets or Complete Program | 100 |
| <input type="radio"/> Preventative Exam with Provider | 25 |
| <input type="radio"/> WellSteps Campaign: Healthy Weight for Life | 25 |
| <input type="radio"/> WellSteps Campaign: Maintain Don't Gain | 25 |
| <input type="radio"/> WellSteps Campaign: Rethink Your Drink | 25 |
| <input type="radio"/> WellSteps Campaign: Move It | 25 |
| <input type="radio"/> Wellness Activity Tracker (5 days/wk. x 30 days) | 50 |
| <input type="checkbox"/> Live Well Nutrition Counseling | 25/appointment |
| <input type="checkbox"/> Live Well Health Coaching | 25/appointment |
| <input type="checkbox"/> Lifesteps Weight Management | 75 |
| <input type="checkbox"/> Series of Health/Wellness Classes | 50 |
| <input type="checkbox"/> District Wellness Presentations/Webinars | 25 each |
| <input type="checkbox"/> Organize a Building Wellness Event | 50 |
| <input type="checkbox"/> Community Fitness Event | 50 |
| <input type="checkbox"/> Endurance Competitive Event | 75 |
| <input type="checkbox"/> Gym Attendance (20 times/2 months) | 75 |

WELLNESS ACTIVITY POINTS



2018-2019 Wellness Medical Plan **275 Points**

2017-2018 \$90.00 Gift Card! **375 Points**



If it is unreasonably difficult or medically inadvisable for you to participate in this program, your physician may complete the exemption form and send the completed form to WellSteps. Forms can be found at:

http://www.boiseschools.org/our_district/wellness_program

For more offerings and program details visit: www.boiseschools.org/our_district/wellness_program

- Points are automatically added to your WellSteps account.
- To earn your points, submit a completed Activity Form by using the WellStep app or fax 801-590-6620



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

WellSteps
Boise@WellSteps.com
www.wellsteps.com/boiseschools

Wellness Program Partner Contacts:
 Saint Alphonsus Corporate Wellness
 (208) 367-4459
Valerie.lawrence@saintalphonsus.org

Take Action Now

- Details Inside. . .
- Wellness Plan Eligibility Steps
- Complete Your PHA & Screening
- Other Choices to Earn WellSteps Reward Points

Boise School District
 8169 W. Victory Road
 Boise, ID 83709

US Postage

John Doe
 Address
 City, State Zip



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.

Take Action To earn your WellSteps Rewards Points

- ◆ Complete the online Personal Health Assessment questionnaire by visiting: www.wellsteps.com/boiseschools
- ◆ First time users will need to register on the WellSteps site prior to completing your PHA

Anytime now through April 30, 2018

For those who have previously registered

| District employees on the District Health Plan | Retirees under 65 on the District Health Plan |
|--|---|
| Your username is your Boise Schools employee ID# followed by BSD: • Example: 123456bsd | Your username is your date of birth followed by the first four letters of your last name • Example: John Smith, September 12, 1950 = 091250smit |

Yearly health screenings are a benefit provided to you by the Boise School District and include biometric measurements and labs.

We encourage you to take advantage of this valuable offering.

Reserve Your Screening Time Slot Today:

- ◆ **Easy Scheduling at:** <https://signupwellness.eventsmart.com/boiseschools>
 - ◆ Available 24 hours
 - ◆ Scheduling only takes a couple of minutes
- ◆ **If you are not able to schedule online call 208-367-6225**
 - ◆ Monday thru Thursday | 8:00am-4:30pm.

| Medical Plan | Detail | Eligibility / Action |
|------------------------------|--|---|
| Standard Medical Plan | <ul style="list-style-type: none"> • \$40 monthly payroll deduction • Higher office visit co-pays (\$40/\$55 per visit) • Higher out of pocket deductibles (\$1,000) | This is your plan if you choose not to participate in the wellness program. |
| Wellness Medical Plan | <ul style="list-style-type: none"> • \$40 monthly deduction waived • Lower office visit co-pays (\$20/\$40 per visit) • Lower out of pocket deductibles (\$750) • Need 275 points to be eligible | <p>New Eligibility Steps Revised Points System</p> <p>Examples of activities you may choose to reach 275 points:</p> <ul style="list-style-type: none"> • Online WellSteps Personal Health Assessment (PHA)(25pts) • Biometric Screening (75 pts) • Complete other wellness activity options (25-75 pts each) • Meet the Take Charge Health Targets or complete the Take Charge Program (*100 pts) |

- ◆ Find Wellness and Standard Medical Plan summaries on the Boise Schools Employee Benefits webpage.
- ◆ Wellness points must be earned by April 30, 2018.
- ◆ The points you earn this year determine if you and your dependents are on the Standard or Wellness Medical plan in 2018-2019.
- ◆ *See a full description of the Take Charge program at: www.boiseschools.org/our_district/wellness_program

| OCTOBER 2017 | Time | Location |
|-----------------------------|---------------|-------------------------|
| Tuesday, October 3, 2017 | 6:30am-9:00am | Koelsch |
| Tuesday, October 10, 2017 | 6:30am-9:00am | Les Bois Junior High |
| Thursday, October 12, 2017 | 6:30am-9:00am | North Junior High |
| Tuesday, October 17, 2017 | 6:30am-9:00am | Borah High School |
| Thursday, October 19, 2017 | 6:30am-9:00am | Cynthia Mann |
| Tuesday, October 24, 2017 | 6:30am-9:00am | DSC |
| Thursday, October 26, 2017 | 6:30am-9:00am | South Junior High |
| NOVEMBER 2017 | | |
| Friday, November 3, 2017 | 6:30am-8:00am | * Saint Alphonsus |
| Tuesday, November 7, 2017 | 6:30am-9:00am | Liberty |
| Thursday, November 9, 2017 | 6:30am-9:00am | Timberline |
| Tuesday, November 14, 2017 | 6:30am-9:00am | Owyhee |
| Thursday, November 16, 2017 | 6:30am-9:00am | Boise High |
| Tuesday, November 28, 2017 | 6:30am-9:00am | Facilities & Operations |
| Thursday, November 30, 2017 | 6:30am-9:00am | Frank Church |

| DECEMBER 2017 | Time | Location |
|-----------------------------|---------------|----------------------|
| Tuesday, December 5, 2017 | 6:30am-9:00am | Fairmont Junior High |
| Friday, December 8, 2017 | 6:30am-8:00am | * Saint Alphonsus |
| Tuesday, December 12, 2017 | 6:30am-9:00am | Capital High |
| Thursday, December 14, 2017 | 6:30am-8:45am | Whitney |
| JANUARY 2018 | | |
| Tuesday, January 9, 2018 | 6:30am-9:00am | Morely Nelson |
| Thursday, January 18, 2018 | 6:30am-9:00am | River Glen |
| Friday, January 26, 2018 | 6:30am-8:00am | * Saint Alphonsus |
| Tuesday, January 30, 2018 | 6:30am-9:00am | Grace Jordan |
| FEBRUARY 2018 | | |
| Tuesday, February 6, 2018 | 6:30am-9:00am | East Junior High |
| Tuesday, February 13, 2018 | 6:30am-9:00am | Valley View |

* Screenings held at Saint Alphonsus - located within the Wellness Office 901 N. Curtis Road | Suite 403 | Boise