



2019-20 Employee Wellness Program

Mission: To build a culture of wellness.

Vision: We are a district in which people care for themselves, about each other, and model healthy choices for our students.

LEADERSHIP TEAM: Kristen Fay, Kent Ellickson, Sonya Ganther

WOW! COACHES:

Ona Middle School: Amanda Beld
 Irving Pertzsch: Cheryl Lang
 Ona High School: Mesa Heit
 Northern Hills: Cami Pietrek
 Eagle Bluff: Kimmi Muellenberg

GROUP REPRESENTATIVES:

Custodial: Dean Zimmer
 Secretaries/Specialists: Mary Schams
 School Nutrition: Open
 School Board: Jim Driscoll
 Paraprofessional: Sara Stelloh

WELLNESS COACH: Cheryl Killilea, Changing Lanes Fitness, Nutrition & Wellness Coaching LLC

Thank you for participating in the 2019-20 Health Risk Assessment and the WOW! Employee Wellness Program.

WHAT ARE YOUR NEXT STEPS?

If your score was below 71 and did not improved 5 points from last year’s score, you are required to complete face-to-face Wellness Coaching in order to receive the \$300 WOW! Incentive.

2017-2018 Score	Coaching Sessions Required
61-70	2
51-60	3
0-50	4
Score from previous year dropped 5 points and below 90	1
One or more Lab Alerts on HRA	1

To schedule coaching sessions, contact:

Cheryl Killilea, Wellness Coach, at cherylcoach1@gmail.com. Ph: 608-792-8545.

- Please bring your report with you to your first coaching session.

The purpose of wellness coaching is to set wellness related goals and work towards achieving them. In order to be effective, 3 weeks must be between sessions. Please use the timeframe below when scheduling your sessions.

Coaching Session	Must be completed by:
Session 1 and 2	February 28, 2020
Session 3	March 31, 2020
Session 4	April 30, 2020

- All coaching must be completed by April 30, 2020.
- 24 hours notice must be given when cancelling a session. If you miss 2 scheduled session without cancelling, you are no longer eligible for the incentive.

Please contact Sonya Ganther, HR, ext 8705 if you have any questions regarding the WOW program requirements.