



# 2019-2020 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

ELIGIBILITY REQUIREMENT	INFORMATION
<b>1) Complete Fall 2019 Health Risk Assessment AND</b>	<ul style="list-style-type: none"> <li>• Complete HRA in Fall 2019 <b>and</b></li> <li>• Complete coaching sessions-facilitated by external Wellness Coach, if               <ul style="list-style-type: none"> <li>a. you have scored below 71 but did not improve 5 points from previous year, or</li> <li>b. you scored below 90 and have dropped 5 points from previous year, or</li> <li>c. you have a lab alert</li> </ul> </li> </ul> <p><i>*if 2 or more sessions are missed by the employee, the employee will not be eligible for the incentive. A missed session is defined as not being cancelled via email 4 hours prior to the scheduled appointment time.</i></p>
<b>2) Current with age/gender appropriate screenings AND</b>	<ul style="list-style-type: none"> <li>• Submit health care provider form, indicating if the employee is or will be current with all age/gender appropriate screenings for the time period of May 17, 2019 through May 15, 2020.</li> </ul>
<b>3) Complete ONE wellness activity from WOW! options</b>	<ul style="list-style-type: none"> <li>• Submit physical activity log or food tracking log for 2 months</li> </ul>
	<ul style="list-style-type: none"> <li>• Submit a letter from any fitness facility detailing usage                *minimum of eight check-ins for 2 months</li> </ul>
	<ul style="list-style-type: none"> <li>• Complete BOTH Fall and Spring Wellness BINGO</li> </ul>
<b>INCENTIVE</b>	<ul style="list-style-type: none"> <li>• \$300 Gift Card to Amazon <b>or</b> \$300 direct deposited on June payroll</li> </ul> <p><i>(Taxable compensation with tax withholding occurring through a payroll on both options.)</i></p>

**All Well Ona Way! forms can be found on the website or intranet under Wellness & Safety.**

*Your wellness program is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Contact Sonya Ganther at x8705 and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.*