



2020-2021 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: Carol Hunter
 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: Trudy Gudie
 School Board: TBD
 Paraprofessional: Sara Stelloh

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

ELIGIBILITY REQUIREMENT	INFORMATION
1) Complete Fall 2020 Health Risk Assessment AND	<ul style="list-style-type: none"> • Complete HRA in Fall 2020 and • Complete coaching sessions-facilitated by external Wellness Coach, if <ul style="list-style-type: none"> a. you have scored below 71 but did not improve 5 points from previous year, or b. you scored below 85 and have dropped 5 points from previous year, or c. you have a lab alert <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>
2) Current with age/gender appropriate screenings AND	<ul style="list-style-type: none"> • 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 15, 2020 through May 14, 2021.
3) Complete ONE wellness activity from WOW! options	<ul style="list-style-type: none"> • Submit physical activity log or food tracking log for 2 months
	<ul style="list-style-type: none"> • Submit a letter from any fitness facility detailing usage *minimum of eight check-ins for 2 months
	<ul style="list-style-type: none"> • Complete BOTH Fall and Spring Wellness BINGO
INCENTIVE	<ul style="list-style-type: none"> • \$300 Gift Card to Amazon or \$300 direct deposited on June payroll <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.