

# Gimme 5

## Nebo School District's Wellness—2016-17

*"Gimme: A Good Night's Sleep"*



**Monthly challenges Sept to April: Three Featured Campaigns with shoe drawings .  
Complete three or four for Gimme 5 prize**

**October:**  
"Defeat sleepless zombie invasion"

**January:** Location choice

**April:** "Melatonin . . . My friend"

**Each month:** Complete a "My Right Care" Challenge

**Do ONE for Road to Wellness: If you complete one, it counts as one point for Gimme 5 Wellness prize. These are not monthly campaigns.**

Complete "Right Time, Right Place, Right Care"

Complete your online Health Risk Assessment

Educational campaign

**Be current or complete a preventative exam (Required for Wellness Prize and Road to Wellness)**



Visit your own Doctor!  
Complete the Preventative Exam Form  
<http://tiny.cc/prevexam>



**Reward:**

- Those eligible for district health insurance will fulfill requirement for Road to Wellness and Gimme 5 Wellness Prize
- All other employees and dependent spouses on District insurance will receive a \$35 gift card

**Gimme 5 Wellness Prize:** Wellness Day , fit watch , Water bottle set or \$50 gift card  
Earn 5 wellness points from the above choices!  
Those eligible for Nebo Health Insurance can earn prize

**Road to Wellness:** Avoid \$200 deduction from pay

- 1) Complete or be current on Preventative Exam
  - 2) Complete Health Risk Assessment or "Right Time, Place Care"
- Applies only to employees enrolled on Nebo Health Insurance