

My Share

Nebo School District's Wellness—2019-20

"Wellness only"
Not Enrolled on District Health Insurance



"My Share" Wellness Prize:

Wellness Day , fit watch or \$50 gift card

Complete the following by March 1:

- 1) Be current or complete the Preventative Exam form and return it the District Office
- 2) Create a My Health Account using your wellness only number.
- 3) Complete health assessment
- 4) Take one or more digital coaching programs
- 5) Create Healthy Living Virgin Pulse account
- 6) Participate in two or more online activity campaigns

"My Share" Deduction:

\$200 deduction from pay

Does NOT apply to employees not enrolled on district health insurance.

Including:

Dependent dual spouses

Those eligible for district insurance but waived enrollment



How do I accomplish activity campaigns? Most of the campaigns are based on step challenges. It is helpful to have a wearable step counter that will sync with a smart phone.

Here are your choices:

- **Team challenge: Be on a team of one or more. No minimum step requirement. Report once a week.**
- **7000 step challenges Get 7k steps per day for at least 20 days in a month. Non step activity can be converted.**
- **Healthy Habit Challenges: One week challenges offered once a month. Complete four for one activity point**

All reporting will be on the Virgin Pulse app or web page!

<p>2019 CHALLENGE VII</p> <p>Washington DC</p> <p>Registration Starts: 10/14/19</p> <p>Challenge Starts: 10/21/19</p> <p>Challenge Ends: 11/17/19</p>	<p>2019 CHALLENGE VIII</p> <p>Walk the Wonders</p> <p>Registration Starts: 11/18/19</p> <p>Challenge Starts: 11/25/19</p> <p>Challenge Ends: 12/22/19</p>
--	--



Virgin Pulse
 Health & Fitness
 ★★★★★ 33.2K

OPEN

Member Checklist

You have completed 1/7 items |

 Select Primary Provider	<p>Complete</p> <p>Preventative Exam</p> <p>Turned into District Office</p> <p>Complete Health Screening</p>	<p>Complete</p> <p>Enroll in Digital Coaching</p>	<p>Complete 2</p> <p>Sign up for Activity Campaigns</p>	<p>Complete</p> <p>Health Assessment</p>	<p>Progress Tracking & Rewards</p>	<p>Complete</p> <p>myhealth</p> <p>Create MyHealth Account</p>
-----------------------------	--	---	---	--	--	--

Please visit: <http://wellness.nebo.edu/>