

My Share

Nebo School District's Wellness—2019-20

"Everyone can do their share for better health"
Enrolled on District Health Insurance



“My Share” Wellness Prize:

Wellness Day , fit watch or \$50 gift card

Complete the following by March 1:

- 1) Attend a screening event at a workplace event or with your doctor
- 2) Create a My Health Account
- 3) Select Primary care physician
- 4) Complete health assessment
- 5) Take one or more digital coaching programs
- 6) Create Healthy Living Virgin Pulse account
- 7) Participate in two or more online activity campaigns
- 8) Participate in the Nebo HSA match program

Not tracked but please complete if applicable

- Complete prediabetes management or preventative care if invited by Select Health
- Participate in Care Management if you have the conditions of asthma, diabetes, COPD or heart failure

“My Share” Deduction:

\$200 deduction from pay

- 1) Do not complete the My Share Wellness Prize by March 1
- 2) \$50 will be deducted monthly from pay March-June. Completion will end deductions.

Workplace screening events: 2-6 PM

Oct 21 @ Barnett Elementary

Oct 22 @ Park Elementary

Oct 23 @ Advanced Learning Center

Oct 24 @ Cherry Creek Elementary



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!



OPEN

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