

Wellness Activities for \$240 Annual Wellness Premium Credit

Select as many as apply; must complete at least 4 in the past 16 months to receive the premium credit.

- Take free online Health Assessment at www.chcks.com
- Attend District Health Fair in last 16 months
- Well woman mammogram in last 16 months
- Well woman Pap test in last 16 months
- Well man PSA test in last 16 months
- Attend free flu shot clinic in last 16 months
- Attend Mammogram Party in last 16 months
- Dental cleanings every 6 months
- Annual eye exam
- Attend CPR class
- Participate in Coventry Free Diabetes Program
- Participate in Coventry Disease Management Program
- Monthly membership at YMCA
- Monthly Membership in other health club (documentation required)
- Participate in USD 259 fall wellness book review in last 16 months (Shrink Yourself / Habit Guide)
- USD 259 10k Pedometer Program
- Annual Heart Walk or RiverFest Run/Walk or other community walk/run (documentation required)
- Participate in onsite TOPS program
- Attended Tobacco Cessation Class in last 16 months
- Participated in EMPAC Healthy Eating webinar in last 16 months
- Attended EMPAC training class in last 16 months
- Life Screening (documentation required)
- Participation in Sports League (online does not count – documentation required)
- Attend other health classes (documentation required)
- Summer fitness challenges (Genesis & WSU) (documentation required)

Check your school e-mail this fall for announcements on wellness activities/programs.

Or go to www.usd259.com/risk management for more information.