



# WELCOME!

**At Midland ISD, our employees are our most valuable asset, and your health is important to us.**

Wellness screenings are the first step in determining potential health risks, but what you do with that information is key. We have partnered with iaWellness to offer a population health management program for Midland ISD employees designed to educate, motivate and reward you for living a healthy lifestyle. Participation in this new program will qualify you for a lower health insurance premium.

**FOLLOW THE EASY STEPS BELOW FOR A \$50 PER MONTH DISCOUNT ON YOUR HEALTH INSURANCE PREMIUM BEGINNING SEPTEMBER 2019:**

- 1** View the kick-off video and register your personal health portal by **Dec. 31<sup>st</sup>, 2018**
- 2** Complete your Health Risk Assessment (HRA) by **Dec. 31<sup>st</sup>, 2018**
- 3** Earn 500 Wellness Points by **March 31<sup>st</sup>, 2019**
- 4** Complete a wellness screening in the spring of 2019 by **March 31<sup>st</sup>, 2019**

Your wellness plan is designed to help you achieve your best health. Rewards for participating in a wellness program are available to all eligible 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 iaWellness at 806-765-7265 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.

806.765.7265 | 877.765.7265 | info@iawellness.com | 8206 Vicksburg Ave. Suite B | Lubbock, TX 79424 | © iaWellness 2018. All Rights Reserved.



# STEP 1: REGISTER & VIEW THE KICK-OFF VIDEO

The deadline to register and view the kick-off video is December 31, 2018

# STEP 2: COMPLETE YOUR HEALTH RISK ASSESSMENT (HRA)

The deadline to complete your health risk assessment is December 31, 2018

# STEP 3: EARN 500 WELLNESS POINTS


Midland ISD and iaWellness are happy to offer various opportunities for points. Please see the next page for a full list of point options. If you have any questions regarding points, please contact iaWellness for assistance.

The deadline to earn 500 wellness points is March 31, 2019.

## PORTAL REGISTRATION

- Go to [www.midlandisdwellness.com](http://www.midlandisdwellness.com), enter the password: **MISD**
- Click the **Wellness Login** button, then click **Create an Account** & select **Employee**
- Enter your **Wellness ID** & **date of birth**  
*Your wellness ID is same as your employee ID number.*
- Follow the prompts to complete the registration process and accept the terms and conditions
- To view the kick-off video, simply click the **"Kick-Off Video" icon** on your welcome page 

## FOLLOW THESE STEPS!

- Go to [www.midlandisdwellness.com](http://www.midlandisdwellness.com), enter the password: **MISD**
- Click the **Wellness Login button** and log in to your account
- Click the **"Health Risk Assessment"** icon on your welcome page 
- Follow the prompts to complete your assessment

**Note:** Once your HRA is complete, your icon will NOT automatically turn green. Please allow up to 10 business days for credit to be awarded.

## TO LOG POINTS:

- Go to [www.midlandisdwellness.com](http://www.midlandisdwellness.com), enter the password: **MISD**
- Click the **Wellness Login button** and log in to your account
- Hover over the **"My Activities"** icon at the top of your welcome page
- Click **"My Points"**
- Select the healthy choice you would like to record, click **"Record"**
- Enter the date of the event and click **"Submit"**

## WELLNESS POINTS

### 25 POINTS:

- View Kick-Off Video\*
- Attend a Wellness Event or Fair
- Use an Exercise Tracking Device or Application (1 per month)
- Gym or Home Exercise Log (1 per month)
- Each of the 10 Core Measurements in the Optimal Range\*

### 50 POINTS:

- Dental Exam
- Bone Density Screening
- Cancer Screening
- Community Race/ 5k
- Midland Wellness Tour
- Flu Shot
- Mammogram
- Donate Blood
- Eye Exam
- Organized Sports Event

### 75 POINTS:

- Pap or Well Woman Exam
- PSA Test (Males Only)
- One Hour of Community Service
- Annual Physical
- Become CPR/First Aid Certified

### 100 POINTS:

- Complete a Wellness Screening and HRA\*
- Quarterly Challenges\*
- Quarterly Educations\*
- Colonoscopy

### 125 POINTS:

- iaWellness Coaching Session\*
- Participate in a 10k/ Marathon

\* These points are not self-recorded, but will be recorded by iaWellness.



## STEP 4: SCHEDULE YOUR WELLNESS SCREENING

- Go to [www.midlandisdwellness.com](http://www.midlandisdwellness.com), enter the password: **MISD**
- Click the **Wellness Login button** and log in to your account
- Click the **"My Wellness Screening"** tab on the left-hand side of your welcome page
- Select **"Onsite"** and click **"Next"**
- Follow the prompts to select your **campus, date and time**

**COMPLETE STEPS 1-4 TO EARN A \$50 PER MONTH DISCOUNT ON YOUR HEALTH INSURANCE, BEGINNING SEPTEMBER 2019!**

**SCHEDULES WILL BE AVAILABLE IN EARLY 2019, STAY TUNED!**

*The deadline to complete your wellness screening is **March 31, 2019***

## WELLNESS COACHING

Your wellness program provides **FREE** coaching all year long! Coaching can help you determine what steps to take to achieve your health goals. Get a coach's support, accountability and encouragement in the following areas:

- Nutrition counseling with a registered & licensed dietitian
- Condition management with a registered nurse for conditions such as diabetes, high blood pressure or cholesterol, or metabolic syndrome
- Weight loss & healthy lifestyle coaching
- Exercise advice from an exercise and lifestyle coach

**SIMPLY DIAL 806.765.7265 OR TOLL FREE AT 877.765.7265 TO SCHEDULE A CALL**



## EDUCATIONS & CHALLENGES

**STAY ENGAGED!** Our educations and challenges will help educate and motivate you to stay on track to reach your health goals. We offer fun and engaging challenges and educations throughout the year to cover a variety of healthy topics and keep you accountable.

**STAY TUNED FOR INFORMATION REGARDING UPCOMING EDUCATION AND CHALLENGE DETAILS!**

