

## **PARTICIPATE AND SAVE MONEY ON YOUR HEALTH INSURANCE!**

With the rising cost of health care and prescription drugs, insurance rates on all plan elections will be increasing in September. MISD is working diligently to keep your rates affordable. By participating in wellness, you are taking steps to create personal health awareness. We want to reward you for doing this.


Complete the steps in this guide to ensure you are eligible for a discounted rate on your health insurance beginning September 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 | [info@iawellness.com](mailto:info@iawellness.com) | 8206 Vicksburg Ave. Suite B | Lubbock, TX 79424 | © iaWellness 2019. All Rights Reserved.



## REGISTER & VIEW THE KICK-OFF VIDEO BY JUNE 30, 2019

- Go to [www.midlandisdwellness.com](http://www.midlandisdwellness.com) or go to your MyMISD App
- Click the **Wellness Login** button, click **Create an Account** & select **Employee**
- Enter your **Wellness ID & date of birth** [*Your Wellness ID is the 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

**STEP  
1**

# START SAVING!



## SCHEDULE YOUR WELLNESS SCREENING BY JUNE 30, 2019


- \*SCHEDULING WILL BE AVAILABLE LATER IN 2019, WATCH FOR INFORMATION!*
- Log in to your wellness portal
  - Click the **"My Wellness Screening"** tab on the left-hand side of your welcome page
  - Follow the prompts to select your **campus, date, and time**

**STEP  
3**

**STEP  
2**



## COMPLETE YOUR HEALTH RISK ASSESSMENT [HRA] BY JUNE 30, 2019

- Log in to your wellness portal
- Click the **"Health Risk Assessment"** icon on your welcome page 
- Follow the prompts to complete your assessment

*NOTE: Once you have viewed your video and completed your HRA, your icon will NOT automatically turn green. Please allow up to 10 business days for credit to be awarded.*

**WIN  
PRIZES!**

## EARN 500 POINTS BY JUNE 30, 2019 AND BE ENTERED INTO A PRIZE DRAWING!

- Log in to your wellness portal
- Hover over **"My Activities"** icon at the top of your welcome page and click **"My Points"**
- Select the healthy choice you would like to record, click **"Record"**
- Enter the date of the event and click **"Submit"**

*Please see the back page for a full list of point options.*



# WELLNESS POINTS

## 25 POINTS:

- View a 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)

## 50 POINTS:

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

## 75 POINTS:

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

## 100 POINTS:

- Schedule a Wellness Screening\*
- Quarterly Challenges\*
- Quarterly Educations\*
- Colonoscopy
- Donate Blood

## 125 POINTS:

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

## 150 POINTS:

- Download the My MISD App\*

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

# 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, cholesterol, or metabolic syndrome
- Exercise advice from an exercise and lifestyle coach

**SIMPLY DIAL 806.765.7265 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!**