

# 2020-2021 WELLNESS GUIDE

Midland ISD and iaWellness are excited to continue to offer employees on the medical plan the opportunity to increase their health awareness and earn a discounted rate on their health insurance.

**Complete the steps below to be eligible for the savings beginning in September 2021!**



## STEP 1: VIEW THE KICK OFF VIDEO [AVAILABLE SEPTEMBER 1, 2020]

### DEADLINE NOVEMBER 30, 2020

- › Go to: [www.midlandisdwellness.com](http://www.midlandisdwellness.com) or use your **MyMISD App**
- › Log in to your account with your **MISD ID # and wellness password**
- › Click the **"Wellness Video"** icon located on your workflow
- › Fill out the requested guestbook information and click **"Submit"**

## STEP 2: EARN 500 WELLNESS POINTS

### BETWEEN SEPTEMBER 1, 2020 - AUGUST 13, 2021

- › Log in to your account with your **MISD ID # and wellness password**
- › Click on **"My Activities"** at the top of your welcome page and click **"My Points"**
- › Select the healthy choice you would like to record
- › Enter the date of the event and click **"Submit"**

## STEP 3: COMPLETE A COACH CALL

### BETWEEN SEPTEMBER 1, 2020 - AUGUST 13, 2021

Complete a one-on-one phone call with an iaWellness Registered Nurse. Our coaches are eager to answer your health related questions and help you achieve your health goals!

**Simply dial 806.765.7265 or 877.765.7265 to schedule your call!**

## STEP 4: SCREEN IN THE SUMMER OF 2021

### DEADLINE AUGUST 13, 2021

**\*SCHEDULING WILL BE AVAILABLE LATER IN 2021. WATCH FOR MORE INFORMATION!**

- › Log in to your account with your **MISD ID # and wellness password**
- › Click the **"My Wellness Screening"** tab on the left-hand side of your welcome page
- › Follow the prompts to schedule your date and time



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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.

# POINTS

## 25 POINTS

- Attend a wellness event or fair
- Use an exercise tracking device or app (1/mo.)
- Gym or home exercise log (1/mo.)

## 50 POINTS

- View the wellness video\*
- Dental exam
- Bone density screening
- Cancer screening
- Community race/ 5k
- Midland Wellness Tour
- Flu shot
- Mammogram
- 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 and complete a wellness screening\*
- Quarterly challenges\*
- Quarterly educations\*
- Colonoscopy
- Donate blood

## 125 POINTS

- iaWellness coaching session\*
- Participate in 10k/ Marathon

## 150 POINTS

- Download the MyMISD App\*

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

# FREE COACHING



You have FREE access to a Registered Dietitian, Exercise Specialist, and Registered Nurses through the Midland ISD wellness program.

Coaching includes:

- ➔ Nutrition counseling
- ➔ Accountability and encouragement
- ➔ Healthy lifestyle tips
- ➔ Exercise advice

**Simply dial 806.765.7265 or 877.765.7265 to schedule a call!**

# EDUCATIONS AND CHALLENGES



Stay accountable! Our educations and challenges will help motivate you to stay on target to reach your health goals. We offer fun and engaging challenges and educations throughout the year to cover a wide variety of healthy topics.

**Stay tuned for more information regarding upcoming educations and challenges!**

**Questions? Contact iaWellness**

**P | 806-765-7265 TF | 877-765-7265**

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