

Complete this year's wellness program requirements to save on your **2018** medical insurance premiums.



2017 WELLNESS GUIDE

## WEBSITE LOGIN

[www.gofitwinwellness.com](http://www.gofitwinwellness.com)

**Wellness ID:** Your Wellness ID is your Employee ID Number.

Refer to the Kick-off Video if registering for the first time.

## SPOUSE REQUIREMENTS

If your spouse is on the medical plan, they must complete a wellness screening in the fall of 2017 in order for you to receive the full medical plan premium incentive.

## ZERO-COPAY CLINICS

As an LISD employee on the medical plan, you have access to zero-copay clinics that will provide medical care without charging a copay!

To locate a clinic, access the Zero Copay Clinics link at [gofitwinwellness.com](http://gofitwinwellness.com) or your LISD risk management page.

## WELLNESS FACILITATORS

Your campus wellness facilitator is the first point of contact for your wellness program! Feel free to contact them or iaWellness directly with any questions or concerns.

806.765.7265 | [info@iawellness.com](mailto:info@iawellness.com)

Fax: 806.765.8216



# MY WELLNESS JOURNEY

## POINTS:

Visit [GoFitWinWellness.com](http://GoFitWinWellness.com) and click "Score Points" on your homepage for ways to earn 500 wellness points.

### 25 Points:

- Dental Exam
- Eye Exam
- No Texting & Driving Pledge
- Annual Pap/PSA Test or Exam
- Exercise Tracking Device/App
- Flu Shot
- Mammogram
- Cancer Screening
- Wellness Event/Fair
- Community Walk
- Weight Management Program
- 1 hr. Community Service
- Each core measurement in range\*

### 50 Points:

- Kick -Off Video\*
- HRA\*
- Health Screening\*

### 100 Points:

- Educations\*
- Challenges\*

### 200 Points:

- Complete at least 4 Coaching Sessions with a lifestyle or Disease Management Coach\*

Additional ways to earn points are available on your personal portal.

\*These points are recorded by iaWellness

## LIVONGO:

Any LISD employee or covered spouse on the medical plan who has been diagnosed with diabetes has access to a state-of-the-art glucose meter called In Touch®.

- Functions like a smart phone
- Device, lancets and strips are free
- No fee, Co-pay or deductible
- 24 hour support
- Access to Certified Diabetes Educator

Join Now: [welcome.livongo.com/LUBBOCKISD](http://welcome.livongo.com/LUBBOCKISD)

Registration Code: LUBBOCKISD

## FREE WELLNESS COACHING:

Coaching can help you figure out the concrete steps you need to take in order to achieve your health goals. Your goals that might seem difficult now may feel entirely different once you have a coach supporting you.

Your coach will challenge you and hold you accountable as you move toward your health goals!

**Call us at 877.765.7265 to schedule a Coach Call.**



## REQUIRED IMPROVEMENTS:

Your required number of improvements depends on which path you choose for your wellness journey.

Use the charts below to determine the number of required improvements you must make based on your wellness path.

### IMPROVEMENTS ONLY PATH

		Required Improvements
Number of Results Out of Range*	0-2	Maintain
	3	2
	4	3
	5+	4

### POINTS & IMPROVEMENTS PATH

		Required Improvements
Number of Results Out of Range*	0-2	Maintain
	3	1
	4	2
	5+	3

\*Use the Scorecard icon to access your screening results and view your "Required Improvements." In the space provided on your wellness journey board, write the number of required improvements you need to make.

**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.