



Director of Schools

Mike Winstead, Ph.D.

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Assistant Director of Schools

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MEMORANDUM

To: Medical Insurance Participants

From: Heather Ledbetter

Date: February 21, 2018

RE: 2018 Wellness Program

From January 1, 2018 to December 31, 2018 all full-time Maryville City School employees will have the opportunity to earn rewards for engaging in healthy activities. Incentives include a kayak, delicious food, gift cards, and other remarkable items. All full-time employees can earn rewards by participating.

Here's how it works:

Full-time employees can earn their health insurance premium incentive for 2019 by completing the Health Checkup by September 30, 2018. There are no requirements for spouses on MCS insurance. The Health Checkup is completing a Perceived Stress Scale and checking your blood pressure, heart rate, and weight. Onsite clinics will be available at school locations, or you may visit the Employee Clinic.

Participate in the Health Checkup from January 1-September 30, 2018.

- The employee clinic is available Monday through Friday 7:00 am – 3:30 pm.
- Use your results from your yearly physical with your physician.
- Participate in an onsite clinic at your school.

The wellness program is voluntary; however, there are a few requirements tied directly to your monthly insurance premiums. These are explained below.

Plan Requirements

In order to keep from receiving a \$50.00 increase in your monthly medical insurance premium in 2019, please see the plan requirements listed below.

- Employees must complete a Health Checkup by 9/30/2018.
- No requirements for spouses and retirees on MCS insurance.

www.maryville-schools.org

MARYVILLE BOARD OF EDUCATION

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Health Checkup

The Health Checkup includes completing the Perceived Stress Scale, weight, blood pressure, and heart rate. The Perceived Stress Scale can be found online at <http://wellness.maryville-schools.org>. All information is confidential and must be handled by our clinic.

The Employee Nurse will be available at the Employee Clinic Monday-Friday 7:00 am – 3:00 pm and at onsite clinics or you may go to personal physician. When you complete the Perceived Stress Scale, you will be able to calculate your score. *However, the district will only receive aggregate, non-identifiable data that will help us plan voluntary activities and educational programs for our plan participants.*

Onsite Clinics for Employees. See your front office to sign-up.

Location	Date	Time
Sam Houston Elementary	February 26, 2018	10:00 am - 12:00 pm
Maryville High	February 27, 2018	10:00 am - 12:00 pm
Maryville Junior High	February 28, 2018	10:00 am - 12:00 pm
Coulter Grove Intermediate	March 1, 2018	10:00 am - 12:00 pm
Montgomery Ridge Intermediate	March 5, 2018	10:00 am - 12:00 pm
John Sevier Elementary	March 6, 2018	10:00 am - 12:00 pm
Foothills Elementary	March 7, 2018	10:00 am - 12:00 pm

*No fasting is required.

Questions?

If you have technical difficulties, please contact Propel at 1.888.339.4131.

You can also contact any of us listed below. We will be more than happy to assist you with this process. You can reach us at (865) 982-7121 or via email.

Heather Ledbetter heather.ledbetter@maryville-schools.org

Roger Murphy roger.murphy@maryville-schools.org

Leigh Ann Overholt leighann.overholt@maryville-schools.org

Rick Wilson rick.wilson@maryville-schools.org

Good luck and good health to each of you!

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