



Davis School District

Davis School District 2019-2020

Davis Moves

Employee Wellness Program

Davis School District values the health of our employees. We are excited for employees and their spouses to participate in our confidential health and wellness program, *Davis Moves*. The goal of *Davis Moves* is to provide a means for our employees to become more aware of their own health and health risks as well as reduce insurance and health care costs.

Employees who carry health insurance with Select Health or Aetna will automatically have a \$6.25 wellness premium deducted monthly from ten paychecks beginning with the September 30th paycheck. (No wellness premium is deducted from the July 31st or August 31st paychecks.) For the 2019-2020 school year, insured employees will have a total of \$62.50 deducted.

Insured employees who pay the monthly wellness premium will be eligible to receive a \$60.00 incentive by completing the following:

Complete a biometric screening at one of the designated Davis School District health fairs. This will require a blood draw, as well as a measurement of his or her blood pressure, height, and weight. Employees not completing this requirement at the Davis District health fairs also have the option of having the screening done through their own physician. A form is available online under the Davis Moves link on the Davis School District home page that the employee can have their physician fill out and sign.

When the insured employee completes this requirement, they will be eligible for the \$60.00 wellness incentive. **Incentives will be distributed each month starting in November**, after our annual health fair and screenings.

Take a few minutes and invest in your health and your future!

Your results are 100% confidential!

If you have questions regarding our Davis Moves program, please contact Kim Johnson at kimjohnson@dsdmail.net or (801)402-5294.