



Director of Schools
Mike Winstead, Ph.D.
mike.winstead@maryville-schools.org

833 Lawrence Avenue, Maryville, Tennessee 37803
Tel (865) 982-7121 | Fax (865) 977-5055

Assistant Director of Schools
Amy Vagnier, Ed.S.
amy.vagnier@maryville-schools.org

To: Medical Insurance Participants

From: Heather Ledbetter/Rick Wilson

Date: January 14, 2020

RE: 2020 Wellness Program

From January 1, 2020 to December 31, 2020 all full-time Maryville City School employees will have the opportunity to engage in healthy activities such as free exercise classes.

The wellness program is voluntary. The details on how to participate are explained below.

Here's how it works:

Beginning January 1, 2020 MCS employees on MCS medical insurance can voluntarily participate in annual physicals with your primary care provider. Those who choose to participate by October 15, 2020 will have their name entered in a drawing for one personal day. By November 1, 2020, five certified and five classified employees will be randomly selected for one additional personal day that must be used by May 14, 2021.

Spouses on MCS medical insurance do not have any requirements.

Annual Physical

Each person's annual physical will be determined by his/her medical provider or the Employee Health Services Clinic. Employee must submit the Annual Physical Reporting Form to the Employee Health Services Clinic. Employees cannot self-report their annual physical. All information is confidential and must be handled by our employee clinic. *The district will only receive aggregate, non-identifiable data.*

Participate in one of the following ways by submitting the reporting form (attached). All submissions are due to the employee clinic by October 15, 2020.

- The employee clinic is available Monday through Friday 7:00 am – 3:30 pm.
 - Use your results from your yearly physical with your medical provider
 - Onsite clinics for employees will be available. An email will be sent at a later date with dates and how to sign-up.
 - The physical at the clinic or onsite clinic will include height, weight, blood pressure, fasting blood glucose, lipid profile (total cholesterol, HDL cholesterol, LDL cholesterol, & triglycerides).
1. Submit the Annual Physical Reporting Form to the Employee Health Services Clinic.
 2. The Annual Physical must occur between November 1, 2019 and October 15, 2020.

Questions?

You can reach us at (865)982-7121 or via email.

Heather Ledbetter Heather.Ledbetter@maryville-schools.org
Brittany Trentham Brittany.Trentham@maryville-schools.org
Rick Wilson Rick.Wilson@maryville-schools.org

Good luck and good health to each of you!

www.maryville-schools.org

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