



Davis School District

Davis School District 2020-2021

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 optional and 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.

The *Davis Moves* wellness program is powered by *WellSteps*. *WellSteps* is a tool designed to help participants achieve health and wellness goals, as well as track wellness points that can help insured employees earn a \$20 monthly discount on their health insurance premium for the upcoming year.

Please Note:

- To be eligible for the discount beginning January 2022, employees must earn 25 points before November 15, 2021.
- Required points are subject to change each year. Employees will be notified of such changes prior to January.

We know that just a few healthy behaviors can be effective in combating chronic disease risks. With the *WellSteps* tools and resources provided, we hope to help participants make small lifestyle changes that can have a significant impact on physical and overall health.

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

WellSteps is 100% confidential!

If you have questions regarding our *Davis Moves* program, please visit the [Davis Moves Website](#) or contact Kim Johnson at kimjohnson@dsdmail.net or (801)402-5294.