



*Davis School District*

## **Davis School District 2021-2022**

### *Davis Moves*

#### **Employee Wellness Program**

The ***Davis Moves*** employee wellness program vision is one of healthy, happy employees who can move through their days with energy and enthusiasm. At *Davis School District* we value our employees and want to create an environment of well-being that promotes healthy living.

The goal of the ***Davis Moves*** employee wellness program 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.

***Davis Moves*** wellness activities and resources (such as gym discounts, monthly wellness series classes, and location-based wellness activities) are available for **ALL** employees.

As a component of the ***Davis Moves*** wellness program, **insured employees\*** are eligible to participate in ***WellSteps***, an online 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. We encourage employees and their spouses to participate in this optional and confidential health and wellness program!

#### **Please Note:**

- To be eligible for the discount beginning January 2023, employees must earn 25 points before November 15, 2022.
- Requirements 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 ***Davis Moves*** 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!***

**\*Retirees are not eligible to participate in WellSteps**

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