

VCS Vitality Wellness Program

Frequently Asked Questions about the Volusia County School Board Wellness Program

What is the Volusia County School Board Wellness Program?

The VCSB has partnered with Florida Blue and Florida Health Care Plans to establish a program to help reduce health risks and provide valuable benefits to employees. The **three main benefits** consist of free basic gym access to 80+ facilities in the surrounding counties, greatly reduced Weight Watchers prices and Telephonic Health Coaching (FHCP members only). Other features of the wellness program include an optional Personal Health Assessment (PHA), wellness challenges and activities and helpful health related postings.

Who is eligible to participate in the Wellness Program?

All benefit eligible employees are able to participate in all elements of the wellness program. A benefit eligible employee is a regularly contracted employee (not a substitute) that works at least half time. For AFSCME, VESA, Non-Bargaining positions, this is 4 hours or more per day; for VTO positions this is 3.825 hours or more per day. Non benefit eligible employees can take part in challenges and various wellness activities.

Do I have to have insurance coverage through the Volusia County School Board to participate in the Wellness Program?

A: No. As long as you are a benefit eligible employee you may participate in the Wellness Program. Non benefit eligible employees can take part in challenges and various wellness activities.

Are my spouse and dependents covered under the Wellness Program?

GYM:

Plan	Employee	Covered Spouse & Dependents 18+	Covered Dependent (17 & younger)
FHCP	Yes	Yes*	Check with facility* **
Florida Blue	Yes	Yes*	No
Non-elect	Yes	No	No

* *Florida Health Care Plans* has no age limitation concerning gym access, however every participating facility in our network has different age restrictions due to liability and safety. Please contact the gym you wish to attend concerning their individual policies and fees associated with dependent gym utilization.

**As a Preferred Fitness Partner under FHCP's Wellness Program, the YMCA has additional costs for dependents under the age of 18. Please contact the YMCA you wish you join for further details. Phone numbers can be found on the Preferred Fitness list which is updated as we grow

WW (Weight Watchers): Only benefit eligible employees are able to sign-up for Weight Watchers. See questions on last page about signing up.

Telephonic Health Coaching – employee FHCP subscribers only

When will my wellness benefits begin?

New hires will receive wellness benefits when your health insurance benefits go into effect (the first of the month after 45 days of employment).

How do I participate in the Wellness Program?

Gyms: To gain free access to the 80+ gyms you will either use your health insurance card from Florida Health Care Plans. If you have Florida Blue, or if did not elect insurance but are benefit eligible, please contact the Wellness Liaison, Carla Cosio, at ccosio@fhcp.com to have a gym card from FHCP issued to you and mailed to your home.

WW: Please contact the Wellness Liaison, Carla Cosio, at ccosio@fhcp.com to activate your account by creating a Unique ID for you. Once your account has been activated you will then be able to register for Weight Watchers.

Telephonic Health Coaching – Send a message to healthcoach@fhcp.com. Provide the following information in the email

- Name
- FHCP member number
- Best contact phone
- Email – this can be your personal e-mail
- Reason for coaching

Are retirees able to participate in the Wellness Program?

As long as they keep the Volusia County School Board group insurance, retirees can continue to enjoy the wellness benefits.

Continued

How will the gym know not to charge me?

If you are a Florida Health Care Plans (FHCP) member, you will simply present your FHCP insurance card when you go to work out. If you are a Florida Blue member, or you did not elect insurance but are benefit eligible, you will receive a gym access card from FHCP, which you will present when you attend a gym of your choice. Florida Blue and non-elect insurance employees contact the Wellness Liaison Carla Cosio at ccosio@fhcp.com to be issued a gym card.

What's this I hear about a cost to a gym fitness evaluation?

Out of the participating gyms, approximately four of them require a fitness evaluation before you are able to work out at their facility. This is to show that you are medically authorized to exercise. Check the list of participating gyms to view the facilities that require a fitness evaluation.

Will I have the same privileges as a paying member?

Your membership will include the **basic** membership for that facility. However, some gyms have limitations. You should contact the facility directly to find out what is included with your wellness program access.

Where can I find a list of the gyms participating in the Preferred Fitness Program ?

Participating gyms can be found in Volusia, Flagler, St. Johns, Brevard and Seminole Counties. For a complete list visit www.vcsvitality.com/wellness-benefits and click on the Preferred Fitness image.

My favorite gym is not on the gym list. How can I add them?

Florida Health Care Plans periodically assesses the list and considers a variety of factors in determining when and where to add gyms. Contact Carla Cosio at ccosio@fhcp.com if you have a gym suggestion.

How much will WW cost me?

It depends on the membership type you select. You have 3 to choose from:

- Digital – \$8.48 month
- Digital 360 - \$12.75 month
- Digital/Workshop - \$19.11 month

For more information visit www.vcsvitality.com/wellness-benefits and scroll down to WW.

How can I learn about the difference between the WW membership types?

There are three membership types including Digital, Digital 360 and Digital/Workshops. For more information visit www.vcsvitality.com/wellness-benefits and scroll down to WW.

How do I register for WW?

You will first need to contact the Wellness Liaison, Carla Cosio, at ccosio@fhcp.com to create your Unique ID (your unique identifier will be your last name (as it appears on your paycheck) plus the last 4 digits of your social security number, with no spaces. The first letter of your last name must be capitalized. For example: Taylor1234). The Wellness Liaison will e-mail you your unique ID along with the registration steps.

What if I have other questions not answered here?

More information is available on the VCS Vitality Wellness Program website, www.vcsvitality.com or you can e-mail the Wellness Liaison, Carla Cosio, at ccosio@fhcp.com or ccosio1@volusia.k12.fl.us or call 386-676-7100 extension 7247.

