



Davis School District 2022-2023

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 so that employees may live fuller, happier lives.

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

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 2024, employees must earn 25 points before November 30, 2023.
- Invitation to participate in *WellSteps* will be emailed to you once your health insurance takes effect.
- 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!

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.