

Amherst EVSD Health & Wellness 2023-2024



As part of our ongoing Wellness Initiative, we are again offering the opportunity for Amherst employees to participate in our Wellness Program and receive a discounted health insurance premium!

The following 3 items must be completed to be eligible for a discounted health insurance premium:

1. **Biometric Screening-** completed between **July 1, 2023** and **March 1, 2024** with results submitted to Medical Mutual by **March 15, 2024**
 - o Biometric Screenings include blood pressure, total cholesterol, glucose, height, weight, waist measurements and body mass index
 - o Biometrics screenings will be offered on the following dates:
 - Wednesday, August 16, 2023 at Powers Elementary School
 - Monday, August 21, 2023 at Steele High School- North Gym
2. **Medical Mutual Health Assessment-** completed between **July 1, 2023** and **March 1, 2024**
3. **Completion of Registration Form-** Submitted to Treasurer's Office by **September 15, 2023**

I AGREE to Participate in the Above Wellness Initiatives

I DO NOT to Participate in the Above Wellness Initiatives

Printed Name:

Date:

Signature: