



What is Well Ona Way! (WOW!)?

WOW! Is the School District of Onalaska's Employee Wellness Program. This program is available to all regular employees and board members of the school district.

-Mission: To build a culture of wellness.

-Vision: We are a district in which people care for themselves, about each other, and model healthy choices for our students.

In 2023-24, the wellness incentive is \$300 Amazon Gift card or \$300 directed deposited through payroll. You need to complete all 3 components to earn the incentive.

1. Complete the fall 2023 Health Risk Assessment with Integrated Health 21, Inc (formerly Healics, Inc).
2. Be current with all age/gender appropriate screenings.
3. Complete ONE wellness activity from menu of WOW! Options.

All forms for healthcare verification (#2) or the wellness activity (#3) can be found on the Intranet>Wellness>**Well Ona Way**. Only employees who are logged into the school google account have access to this site.

Questions? Contact Sonya Ganther, HR Director at x8705 or ganso@onalaskaschools.com or reach out to your building wellness coach.