

# Amherst EVSD Health & Wellness 2024-2025



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. **Completion of Registration Form**- submit to the Treasurer's Office by **September 15, 2024**
2. **Biometric Screening**- completed between **July 1, 2024 - April 30, 2025** with results submitted to Medical Mutual via the online Wellness Portal by **April 30, 2025**
  - Biometric Screenings include blood pressure, total cholesterol, glucose, height, weight, waist measurements and body mass index
  - Results from on-site Biometric Screenings will automatically be submitted to Medical Mutual
3. **Online Health Assessment**-completed between **July 1, 2024 - April 30, 2025**

I AGREE to Participate in the Above Wellness Initiatives

I DO NOT to Participate in the Above Wellness Initiatives

**Printed Name:** .....

**Date:** .....

**Signature:** .....