

St. Tammany Parish School Board

2025 Wellness Program



JOIN US IN GETTING HEALTHIER TOGETHER!

Employees and retirees on the health plan who complete three (3) wellness activities before September 30, 2025 are eligible to earn a \$250 deductible credit in 2026.

DON'T MISS OUT!

We're excited about the new wellness portal at BalanceWithBlueLA.com!

It includes a mobile app, health journeys, competitive team challenges and more to meet you where you are in your journey to great health.

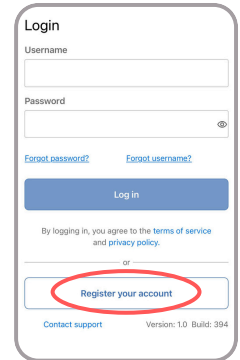
The deadline is September 30, 2025!

CREATE AN ACCOUNT AT [BALANCEWITHBLUELA.COM](https://BalanceWithBlueLA.com)



STEP 1: Download the Balance With Blue LA app using any smart device. If you're on a desktop, visit BalanceWithBlueLA.com.

STEP 2: Click **Register Your Account**.



STEP 3: Enter your first and last name, your Blue Cross health plan Member ID number only/**no letters** (found on your ID card) and your birth date. *Your first and last name must be entered exactly as they appear on your health plan Member ID card.* Click **Next**.

A username will be prepopulated. Either choose this username or create your own. Create a password and enter your email address. Click **Next**. *Passwords must contain at least eight characters.*

..... [WWW.BALANCEWITHBLUELA.COM](https://www.BalanceWithBlueLA.com)

COMPLETE THREE (3) WELLNESS ACTIVITIES TO BE ELIGIBLE FOR THE 2026 DEDUCTIBLE CREDIT.

✓ HEALTH ASSESSMENT

Visit BalanceWithBlueLA.com.

✓ AN ANNUAL WELL VISIT WITH A PHYSICIAN

Visits beginning October 1, 2024 will be accepted.
Self-attest at BalanceWithBlueLA.com.

✓ ONE (1) PREVENTIVE HEALTH SCREENING

Health screenings include: vision, dental, skin cancer, mammogram, Pap/cervical cancer, PSA, colonoscopy or a behavioral health visit/ComPsych EAP visit.

Self-attest at BalanceWithBlueLA.com.

QUESTIONS?

For help with **registration**, email Support@BalanceWithBlueLA.com.

For **deductible credit** questions, call the 800# on the back of your Louisiana Blue Member ID card.

For **general information**, email WellnessInfo@lablue.com.

If you are unable to achieve the standards for the reward under this program, contact Renee Mothershead in Human Resources at renee.mothershead@stpsb.org and we will work with you in light of your health status to develop another way to qualify for the reward.

St. Tammany Parish School Board's voluntary wellness program is designed to improve your wellbeing and provide you with resources to better understand future health risks. Your confidentiality is important. Your personal health information will never be shared with your employer.