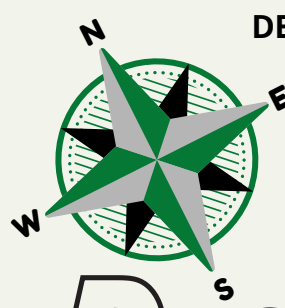


# Employee

# Incentive Program

Runs October 1, 2024 - September 30, 2025



DERBY PUBLIC SCHOOLS  
2024-25  
*Wellness*  
Compass

*Promoting a Culture of Health*

# 1



## DO THE WORK

Complete any of the activities listed on the flier, including the **required Physical or Biometric Screening**.

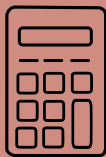
# 2



## OBTAIN THE PROOF

You will need to provide proof of completed activities, i.e. if you go to the doctor, get a doctor's note, you do not need to provide personal information.

# 3



## CALCULATE YOUR POINTS

All points can be tracked on the Activities Log as reference to the activities you've completed. Add up your points and make sure you have a minimum of 200 points by the end of the Wellness Year.

# 4

## TURN IN YOUR COMPLETED ACTIVITIES by 9/30

It is the employees responsibility to keep track of their completed activities, points, and proof throughout the Wellness Year. On September 1st, an email will go out explaining how to submit your Activities Log with calculated points and proof.

# 5



## NOVEMBER OPEN ENROLLMENT

If everything was completed, calculated, and turned in on time, employees enrolling in the district's medical insurance will receive the Wellness Incentive discount on their monthly premiums for the 2026 insurance year. Employees that are not enrolling in the districts medical insurance will be awarded a variety of other prizes (TBD).

Activities		Max	Point Value	Earned Points
<b>REQUIRED</b>	<b>PHYSICAL</b>	<b>1</b>	<b>25</b>	
	<b>OR</b> <b>BIOMETRIC SCREENING</b>		<b>OR</b> <b>50</b>	
Dental Exam		1	10	
Vision Exam		1	10	
Age/ Gender Screening • Well Women * Well Man * Mammogram * Colonoscopy * Dermatology * Hearing * OB/GYN		4	10 each	
Vaccines - Flu and/or COVID		2	10 each	
CPR and First Aid Certification		1	50	
Self Care - Physical Therapy, Chiropractic Care, and/or Massage Therapy		4	10 each	
Wellness Speaker/ Class • Wellness Fair * Art * Cooking * Fitness * Dance * Self-Defense		6	15 each	
Blood or Plasma Donation		2	25 each	
Journals and Logs • Physical Activity - It is recommended to get 150 minutes/week • Food Journal - It is recommended to record 20-30 days • Volunteer Log - It is recommended to volunteer 8-10 hours/month • Healthy Mind Log - It is recommended to meditate or perform a healthy mind activity 20-30 days/month		12	15 each	
Monthly Wellness Challenges • District Wide Monthly Challenge • Building Specific Monthly Challenge		8	25 each	
Self Help Management - Counseling/ Courses - Including but not limited to: • Financial, Personal, Depression, Weight Management, Diabetes Management, Disease/ Chronic Illness Management, Addiction, Tobacco, Drug, Alcohol, or Gambling.		4	25 each	
New Directions - Employee Assistance Program • Services are free. Call 800-624-5544 or visit eap.ndbh.com, code: usd260 • Counseling * Crisis Support * Coaching * Adult and Child Care Resources • Personal and Professional Training * Digital Behavior Health Tools • Consultation on: * Finances * Legal Needs * Managing Employees		6	25 each	
<b>To complete the Wellness Incentive Program, employees are required to:</b> <ul style="list-style-type: none"> <li>• Have a Physical or Biometric Screening within the current Wellness Year</li> <li>• Earn a minimum of <b>200 points</b> by the end of the current Wellness Year</li> <li>• Keep proof of their completed activities to turn in at the end of the current Wellness Year</li> </ul>				Total Earned Points



For questions and concerns about the Wellness Program, please contact  
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