

DERBY PUBLIC SCHOOLS

2025-26

Wellness  
Compass

# EMPLOYEE INCENTIVE PROGRAM

Wellness Year Runs October 1, 2025 - September 30, 2026

1



## DO THE WORK

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

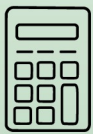
2



## OBTAIN THE PROOF

You will need to provide proof of completed activities. For example, 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 employee's 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.

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## 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 2027 insurance year. Employees that are not enrolling in the district's medical insurance will be awarded a variety of other prizes (TBD).

PROMOTING A CULTURE OF HEALTH



Activities	Max	Point Value	Earned Points
<b>REQUIRED</b> <b>PHYSICAL</b> — <b>OR</b> — <b>BIOMETRIC SCREENING</b>	1	25 <b>OR</b> 50	
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	
30 Day Journals and Logs * Physical Activity * Food Journal * Volunteer Log * Healthy Mind Log	12	15 each	
Monthly Wellness Challenges * District Wide Monthly Challenge * Building Specific Monthly Challenge	8	25 each	
Self Help Management - Counseling or Courses, including but not limited to: * Financial * Personal * Depression * Weight Management, * Diabetes Management * Disease/ Chronic Illness Management * Addiction * Tobacco * Drug * Alcohol * Gambling	4	25 each	
Lucet - Employee Assistance Program • Services are free. Call 800-624-5544 or visit eap.lucethealth.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 Annie Vigil, avigil@usd260.com or Becky Moeder, rmoeder@usd260.com