THE SCHOOL DISTRICT OF ESCAMBIA COUNTY

"2025–2026 Choose WELLness Program"

The health and well-being of employees is very important to the School District. Employees need to feel their best – to come to work each day and give their best. That's why the School District is sponsoring the "Choose WELLness Program". It is designed to help employees develop healthy habits for a lifetime.

The program focuses on education and prevention as effective ways to reduce the cost of healthcare. Through early screening of potential medical conditions and appropriate intervention and prevention activities, the program helps employees head off serious health problems that could occur now or sometime in the future.

Marathon Health, the healthcare provider for our Health Center, is working with staff from the School District to provide the opportunity for all ***permanent benefit eligible employees*** to participate annually in the program. There is no cost to employees for this valuable and important health benefit. PLUS, employees can earn a WELLNESS BONUS of $40/month ($480 annually) for completing the 4 steps listed below. All of the screenings will be conducted at the Health Center Facility.

Spousal Bonus

Employees with spouses covered by one of the District's major medical plans can now earn an additional $30 per month spousal wellness bonus when their spouse completes the same steps as the employee. This will be paid to the employee.

.

Personal Wellness Appraisal Program Steps:

- **Complete the Health History Risk Assessment at www.marathon-health.com**
- **Complete the Biometric screening at the Health Center**
- **Complete the Comprehensive Health Review at the Health Center**
- **Be tobacco free or attend and complete a smoking cessation program endorsed by the Escambia County Health Department.**

ECSD Center for Health & Wellness Hours: Mon/Wed: 6am* – 5pm, Tues/Thurs: 6am* – 7pm, Fri: 6am* – 12pm, Sat: 8am – 12pm (* Lab opens at 6am, provider visits begin at 8am) **Phone:** 850-444-3400 **Location:** 915 E. Fairfield Drive, Pensacola, FL 32503