BCSD
Berea City School District
EXCELLENCE • INTEGRITY • PURPOSE
Serving Berea, Brook Park and Middleburg Heights

Southwest General Wellness



Program Guide

2026-2027 Berea City School District Wellness Program



Welcome to the BCSD Wellness Program

The Berea City School District is here to support you in your wellness journey. We do this by partnering with Southwest General Wellness, a wellness provider that works to implement wellness services in our community.

Southwest General Wellness equips you with tools and resources throughout the year to guide you in the Berea City School District's voluntary wellness program. The more you participate in your own health and wellbeing, the more incentives you can earn in the program.

Southwest General Wellness is a separate provider committed to your privacy and confidentiality. Your protected health information will not be shared with your employer. In addition, Southwest General Wellness fully complies with the Affordable Care Act, federal regulations and policies, and will administer compliant wellness programming.

Southwest General Wellness encourages you to feel your best. Throughout the year, you will find opportunities to take advantage of wellness resources that promote awareness and help you take charge of and maintain your wellbeing.

The following pages outline the 2026-2027 Berea City School District's Wellness Program. You'll find information on the requirements of the program and ways to earn incentives. In addition, you will find information on getting started in the Southwest General Wellness Portal, and tips on how to use it to its full potential.

If you are having trouble gaining access to the Wellness Portal, please contact the Applied Health Analytics helpline at 855.581.9910 or email helpdesk@appliedhealth.net.

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How to Participate

Participation in the Berea City School District's Wellness Program is as easy as 1, 2, 3! By participating, you'll make strides in your wellbeing journey and earn incentives on your healthcare costs. **Make sure to complete your Personal Health Assessment and health screening (at an event onsite this fall or with your own provider) between July 1, 2026 and April 15, 2027 to earn incentives on your health care costs.** Participation is voluntary, but eligible employees and spouses who do not participate will not earn incentives towards healthcare costs in 2027.

1

Create Your Account on the Southwest General Wellness Portal

Follow the instructions on the following pages to set up or log into your account; sync your wearable fitness trackers or devices; set your personal goals to customize your portal experience; and don't forget to schedule a session with a Wellness Coach!

2

Complete Your Screening & Personal Health Assessment

You can complete your screening at an onsite event later in 2026 or with your own provider this year. You can find the 2026-2027 Physician Screening Form in this guide and on the Southwest General Wellness Portal. You can also complete your Personal Health Assessment on the Southwest General Wellness Portal. Both steps should be completed between July 1, 2026 and April 15, 2027 to earn incentives on your healthcare costs.

3

Complete Wellness Activities to Earn Additional Incentives!

You can earn additional incentives all year long by participating in your own health and wellbeing! Earn wellness points by completing wellness activities listed on pages 5 and 6 of this guide between July 1 and June 30. For every 500 points earned, you can cash in your points for $5 in Amazon gift cards! *See pages 6-8 for more details.*

Southwest General Wellness Portal

Access Directions

Welcome to our new wellness portal, powered by Applied Health Analytics! Everything you'll need to keep tabs on your wellbeing and incentives is right at your fingertips - both on a computer and a smart device!

URL: BCSD.personalhealthportal.net

New Users/First Time Logging in

Type the SWG Wellness Portal URL into the address bar of a new browser and hit "enter."

Click the "Sign Up" button at the bottom of the screen.

Complete Verification Data

- First Name, Last Name
- Enter your date of birth
- **ZIP CODE: 44017 (BCSD's ZIP code)**
- **Enter the last six digits of your SSN**
  Spouses: enter employee's last 6 digits of SSN plus "S"
  Example: 123456S
- Click "Verify"

Create your username and password according to the prompts. Click "Create Account."

Did you know the Wellness Portal is 100% functional from a smart device? Yes! Just enter the URL into a browser app and log into or create your account!

Existing Users

Type the SWG Wellness Portal URL into the address bar of a new browser and enter your username and password. Click "Log In."

Need Help?

Get help resetting your password, logging in, or any other questions.

855.581.9910

helpdesk@appliedhealth.net

Questions about the Southwest General Wellness Program?

arose@swgeneral.com

SWG Wellness Coordinator Anna Rose

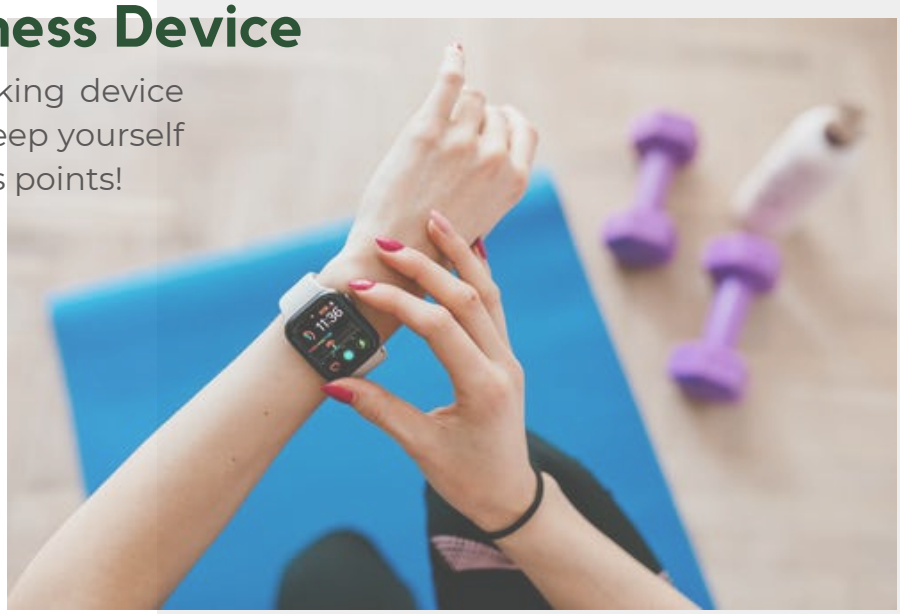
Explore the Southwest General Wellness Portal



The SWG Wellness Portal is your hub for all things wellness. Keep track of your incentives and wellness results, stay in touch with your wellness coach, and take advantage of the free tools and resources to you motivated and healthy!

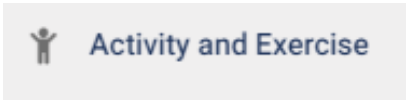
Connect Your Fitness Device

Connecting your fitness tracking device is easy and a great week to keep yourself on track and earning wellness points!



Get Started by signing into your Southwest General Wellness Portal account (BCSD.personalhealthportal.net)

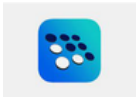
- Click the "Activity and Exercise" tab



- Click on the “Manage Devices” button and choose your device on the following page. Click “Authorize Device”
- Follow the instructions on the next screen to connect your app or device. Make sure to allow the portal to read your data when asked.

Connect Your Apple, Samsung, or Google Device

Step 1 - Download the PersonalHealthConnect App from the App Store or Google Play



Step 2 - In your account on the Wellness Portal, click on the “Activities & Exercise” tab. If you have an Apple, Samsung, or Google device connected, choose the option to upgrade. If not, click “Manage Devices” and click on the device manufacturer you wish to connect. From there, you’ll receive a personalized code.

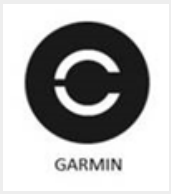
Step 3 - In the PersonalHealthConnect app, enter your code then choose the device you would like to connect and follow the instructions to grant permissions, and select which data you would like to share.

You're connected and ready to go!



Connect via Wellbeing + Me App

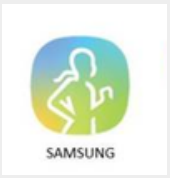






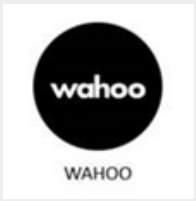
Connect via Wellbeing + Me App





Connect via Wellbeing + Me App







Need Help?

Contact Applied Health Analytics at 855.581.9910 or send an email to helpdesk@appliedhealth.net



2026-2027 Wellness Activities

Everyone's pathway to wellbeing is just a little bit different. In the BCSD Wellness Program, you can earn Amazon gift cards by completing different activities to promote health and wellness. For every 500 points earned, you can cash them in for $5 in Amazon gift cards. Points for the 2026-2027 program can be earned between July 1, 2026 and June 30, 2027.

How are Points Added?

Points are added automatically in your account when you complete activities in the following categories (See next page for point totals and options):

- Health Assessments
- Physical Activities (Exception: Sports Leagues & Verified Fitness Events)
- Wellness Metrics
- Wellness Metrics with Outcomes
- Flu Shots
- Wellness Coaching

Participants can send documentation to Southwest General Wellness to earn points in the following categories:

- Sports Leagues & Verified Fitness Events
- Certifications
- Preventive Care

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Southwest General Wellness

Please send documentation to Southwest General Wellness Coordinator Anna Rose at arose@swgeneral.com, or fax to 440.816.5113. Points are added at the end of each week.

The Southwest General Wellness program is voluntary, but participants who choose not to participate will be responsible for a greater contribution to healthcare costs in 2027. If the requirements are medically inadvisable or unreasonably difficult for you to achieve, there are other ways to qualify for the incentive. Contact Southwest General Wellness for options.

2026-2027 Wellness Activities

Wellness Metrics	Points *Earned Annually*
BMI Screening	125
Blood Pressure Screening	125
Cholesterol Screening	125
Fasting Glucose Screening	125

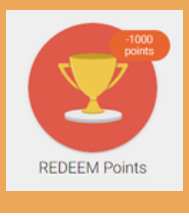
Wellness Metrics *with Outcomes*	Points *Earned Annually*
BMI </= 24.9 Kg/m2	125
Blood Pressure </=120/80 mmHg	125
Total Cholesterol </=200 mg/dL	125
Fasting Glucose </100 mg/dL	125

Certifications	Points *Earned Annually*
CPR	125
First Aid	125



Preventive Care	Points *Earned Annually*
Health Screening (Colorectal Cancer, Well Woman, Mammogram)	400
Dental Exam	200
Flu Shot	200

Cash in Your Points!



In your Wellness Portal account, go to the "Program" tab and scroll down to the "REDEEM" button to redeem 500 points. Click "Log Activity," then the green check mark on the next page to redeem in increments of 500 points. Repeat for as many increments of 500 points as you'd like!

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See the next page for more options to earn points and incentives.

2026-2027 Wellness Activities



Health Assessments	Points
Personal Health Assessment (PHA) Completion	500 *Annually*
Personal Health Assessment (PHA) Completion within 90 days of July 1	250 *Annually*
Meet with Wellness Coach *in person or virtually*	50 6 *Annually*
Message/Engage with Wellness Coach via Wellness Portal	5 6 *Annually*

Points for Health Assessments are added automatically when completed

Physical Activity	Points
Active Minutes	25 *for every 450 minutes logged*
5,000 Steps	5
10,000 Steps	10
15,000 Steps	15
Sports League	350 *Each*
Verified Fitness Event	250 *Each*

Physical Activity Category Max: 7,000 Points.

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HOW CAN A WELLNESS COACH HELP?

Sometimes, you might need an extra push. Sometimes, you have questions. Sometimes, you don't know where to start. Let our dedicated Wellness Coach help. Laurie Lapsevich, BS, NBCHWC, CES, PFT has more than 20 years experience in the health and wellness field. She's here to help you achieve your goals and stay there.

A Wellness Coach Can Offer

- Individual Wellness Strategy & Guidance
- Custom Fitness Plans
- Stress Management Coaching
- Goal Setting & Accountability
- Personalized Preventive Care Plan
- And More!

Wellness Coaching is 100% Free & Confidential!



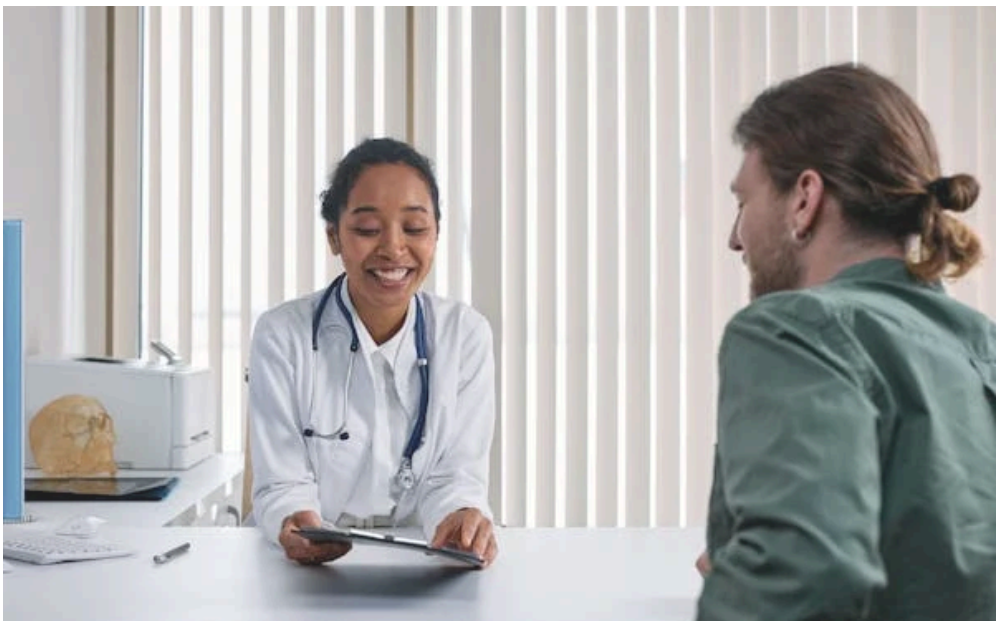
Get Started Today.

Schedule your appointment on the SWG Wellness portal

bcsd.personalhealthportal.net

coach@swgwellness.com

Screen With Your Own Physician



All BCSD Wellness Program participants can visit their own healthcare provider to complete the yearly wellness screening. Annual Well Visits are 100% covered by your medical benefits with no copay if coded as an annual well visit.

Please complete your screening between

July 1, 2026 April 15, 2027

Your annual well visit should include results for height, weight, blood pressure, cholesterol, and glucose. Please make sure to complete the top portion of the screening form (Section 1) and sign it. Your provider will complete and sign Section 2.

Submit Your Form:

Submit your completed, signed, and dated screening form to:

Anna Rose
Wellness Coordinator, Southwest General Wellness
Email: arose@swgeneral.com
Fax: 440.816.5113

Results should be dated between 7/1/2026 and 4/15/2027 for credit in the 2026-2027 BCSD Wellness Program. Results and points will be uploaded on a weekly basis. Biometric data will be collected for reporting purposes. Protected Health Information will not be shared with your employer. Forms may be found on the SWG Wellness Portal and on the following page. If you screen with your own physician, you will not need to participate in an onsite screening event.

Physician Screening Result Form

Berea City School District

Participant: Complete Section 1

Physician: Complete Section 2

SECTION 1—PARTICIPANT INFORMATION—PLEASE PRINT CLEARLY

Participant Date of Birth (MM/DD/YYYY) ☐☐ ☐☐ ☐☐☐☐

Gender ☐ M ☐ F

Participant First Name

Participant Last Name

Address

Unit/Apt.

City

State

ZIP

Phone Number ☐☐☐ ☐☐☐ ☐☐☐☐

Participant is: ☐ Employee ☐ Spouse

Participant Tobacco Affidavit: I have used tobacco/nicotine products in the past 90 days. ☐ Yes ☐ No

(Tobacco/nicotine products include cigarettes, cigars, e-cigarettes/vapes containing nicotine, chewing or pipe tobacco, or any other tobacco/ nicotine product regardless of frequency or method of use.)

Participant Signature _____ Date _____

SECTION 2—PARTICIPANT RESULTS—For physician/office staff use

Total Cholesterol ☐☐☐ HDL ☐☐☐ TC/HDL Ratio ☐☐☐ Fasting: ☐

Triglycerides ☐☐☐☐ LDL ☐☐☐ Glucose ☐☐☐ Non Fasting: ☐

Blood Pressure ☐☐☐ Systolic ☐☐☐ Diastolic

Height ☐ ft. ☐☐ in. Waist ☐☐ . ☐ in.

Weight ☐☐☐ lbs.

Pulse ☐☐☐

For females only: Currently pregnant or pregnant in the last 12 months ☐ Yes ☐ No

Health Care Provider's Name _____

Facility Name: _____

Physician's Signature: _____

Date of Exam: _____

Southwest General Wellness

Please fax completed, signed forms to Southwest General Wellness via fax at 440.816.5113, attn.: Anna Rose

Notice Regarding Wellness Programs

This is a voluntary wellness program available to all benefit eligible employees and/or employees deemed eligible to participate by the employer. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008 (GINA), and the Health Insurance Portability and Accountability Act (HIPAA), as applicable, among others. If you choose to participate in the wellness program, you may be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for cholesterol and glucose. You are not required to complete the HRA or to participate in the blood test or other medical examinations that may be offered to you as part of this wellness program.
The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program. You also are encouraged to share your results or concerns with your own doctor.

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Southwest General Wellness may use aggregate information it collects to design a program based on identified health risks in the workplace, Southwest General Wellness will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.
Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individuals who will receive your personally identifiable health information are Southwest General Wellness and possibly your health insurance carrier in order to provide you with additional care management services under the wellness program as stipulated in your employer's health benefits plan.
Southwest General Wellness complies fully with the Privacy Policies of Southwest General Health Center, which can be found on swgeneral.com.

Program FAQs

What if I don't meet the wellness goals?

Although we require the achievement of goals to earn discounts on employee healthcare contributions, there are other ways to qualify. If any of the goals are unreasonably difficult or medically inadvisable, Southwest General Wellness will work with you to find an appropriate goal. In addition, you may pass the goal based on improvement from a previous screening. If Southwest General Wellness has results from your previous screening event, improvement will be automatically calculated. If you make the noted amount of progress outlined in the alternative goals, you will earn the point(s).

What if I believe my results are incorrect?

If your wellness screening results vary from a recent medical test or appear incorrect in any way, you may file an appeal. You will have 30 days from the date of your screening results posting to the Wellness Portal to supply a new results from your physician. Please contact Wellness Coordinator Anna Rose (arose@swgenerl.com) to obtain an appeal form.

What if I have a medical condition which prevents me from completing the screening, or I cannot meet the wellness goals or alternative goals?

If you believe you should qualify for a medical exception, please contact Southwest General Wellness (Wellness Coordinator Anna Rose) at arose@swgeneral.com for assistance.

How will I receive my results and notifications of points added?

After you have completed your wellness screening, you will receive an email alerting you that your results and incentives are available on the Southwest General Wellness Portal for your review. At that time, you may review your results and earned incentives. At this time, you may file an appeal or appeals, if necessary. Your results are kept confidential and are not shared with your employer or other participants. Spouses are required to create their own accounts, and their results will not be shared with the employee.

Do I have to participate?

The wellness program is voluntary. If you choose not to participate, you will forfeit the incentives applied to your employee healthcare contribution.

Program FAQs

Does my spouse need to screen?

Spouses are encouraged to screen. The program is voluntary, but if your spouse chooses not to screen, you will forfeit the incentives applied to your healthcare contribution.

Do dependent children need to screen?

No, dependent children are not invited to participate in the wellness program.

Will my employer see my results?

No. Southwest General Wellness is committed to your privacy and security. Your protected health information is kept private and never shared with your employer. Human Resources will only receive the number of points you and your spouse earn in order to correctly calculate your healthcare contributions.

Is this program legal?

The Southwest General Wellness program is in compliance with the Affordable Care Act, ADA, GINA, and EEOC rulings and regulations. These regulations allow employers to adjust healthcare costs for those on the health plan who meet certain health goals.

Please contact Wellness Coordinator Anna Rose with Southwest General Wellness (arose@swgeneral.com) with any other questions.