



Wellness Guide

August 1, 2026 – June 30, 2027

Proviso Township High School District 209

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Wellness Introduction



Proviso Township High School District 209 [PTHS] has partnered for the 2nd year, with Marquee Health in offering a Voluntary Wellness Incentive program for employees enrolled in one of the District sponsored group medical plans through Blue Cross Blue Shield of Illinois [BCBSIL].

The program outlines various activities that you may participate in and earn points to reward yourself with a monetary e-gift cards. Maximum reward $1,000.

Taking care of you first is essential to both you and your family in working towards a long, happy, healthy life! We are proud to partner with you to achieve your goals!

Taking Care of You!

Putting the health of yourself at the forefront affords you & your family a long, happy, healthy life!

We understand the support employees may need to achieve their goals and take pride in our employees.

Marquee's custom website and mobile app are equipped with convenient and accessible resources allowing you to take wellness with you on-the-go.

Resources at your fingertips to balance both work & wellness!

- **Earn Rewards:** Complete wellness activities throughout the year to earn rewards!
- **Wellness Portal & Mobile App:** Technology at your fingertips
- **Unlimited Access to health Coaches:** Experts answering your questions & helping you reach your goals
- **Wellbeing Place Blog:** Weekly posts focused on trending health & wellness topics
- **On-Demand Wellness Videos:** Learn to cook, meditate, or workout when it's convenient for you
- **Personal Health Assessments:** Questionnaires to help identify health risk areas
- **Wellness Challenges:** Opportunities to compete against your coworkers with wellness-focused goals
- **Monthly Webinars:** Educate yourself on how to make the best decisions for your well-being



2026 - 2027

Proviso

Wellness Program

Unlock your potential. Reward yourself.

The 2026 - 2027 Proviso Wellness Program is offered to all medically enrolled employees. After August 1, you can complete the qualifying wellness activities listed to begin earning Rewards Points to be eligible for a reward! This guide will help you understand each wellness activity.

Visit the **'Rewards'** page of **mymarqueehealth.com** for information on how to complete activities and earn rewards.

Employees enrolled in the PTHS group medical plans are eligible to complete wellness activities and earn up to a maximum of $1,000 in gift cards.

E-gift cards will be distributed monthly by Marquee Health.

Enroll Now and Start Earning Rewards!

1. Visit **mymarqueehealth.com** or **scan the QR code** to download the MyWellPortal app and log in with your personal username and password.
2. Use the following credentials to log in:

   Username: Proviso Email Address

   Password: DOB *(MMDDYYYY)*
3. Select the **'Rewards'** tab at the top of the page to enroll in the program.

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800.882.2109
mymarqueehealth.com
info@mywellportal.com

Proviso Wellness Activities

August 1, 2026 - June 30, 2027

Wellness Activities	Frequency	Dollars Earned (8/1 - 12/31/2026)	Dollars Earned (1/1/2027 - 6/30/2027)
Health Screening	Once	$480	$100
Annual Physical	Once	$200	$200
Health Risk Assessment	Once	$100	$100
Telephonic or Email Health Coaching	Max of 4	$100	$100
Preventive Care Exams	Max of 4	$100	$100
Vaccinations	Max of 2	$50	$50
Wellness Challenge	Max of 3	$100	$100
Online Education Course	Max of 4	$75	$75
Monthly Marquee Health Webinar	Monthly	$50	$50

Employees enrolled in the PTHS group medical plans are eligible to complete wellness activities and **earn up to a maximum of $1,000 in gift cards**.

E-gift cards will be distributed monthly by Marquee Health.

Earn rewards throughout the year and receive **gift card payouts each time you reach a $200 reward milestone**! Rewards are distributed once each milestone level is achieved, regardless of the specific dollar values assigned to individual activities

Milestone 1: $200

Milestone 2: $200

Milestone 3: $200

Milestone 4: $200

Milestone 5: $200

See **Program FAQs** for additional details on gift cards.

For more information call us at 800.882.2109

or email info@mywellportal.com.

Qualifying Wellness Activities

Specifics on Your 2026 - 2027 Program

To Get Started...

Log into **mymarqueehealth.com** and click on the **'Rewards'** page. The following Qualifying Wellness Activities can be accessed here.

Health Screening

Complete your Health Screening conveniently at an onsite event or with your Primary Care Physician. Complete your annual screening by **May 30, 2027**. This activity can be completed one time.

Annual Physical

Complete your Annual Physical through your Primary Care Physician. This activity can be completed one time.

Health Risk Assessment

Learn more about your health and well-being by completing the Health Risk Assessment.

Click on the **'Health Assessment'** tile, then select the **'Get Started'** button. After you answer all required questions, be sure to click the **'Submit'** button to receive your results and personalized recommendations. This activity may be completed one time.

Telephonic or Email Health Coaching

Health and wellness shouldn't be complicated. Whether you are seeking to improve nutrition, manage stress, enhance fitness, or achieve holistic balance, we have a program tailored just for you. Our expert coaches are here to guide, support, and inspire you every step of the way.

To enroll in a free and confidential program, call a Marquee Health Coach at **800.882.2109 (Option 1)**, or email **coaching@marqueehealth.com** and mention **Proviso**. To earn points, you must enroll in coaching by **May 25, 2027** and complete at least **4 weekly sessions** by **June 30, 2027**.

Preventive Care Exams

Earn points for completing your preventive care visits! Age or gender appropriate exams can include a dental exam, vision exam, mammogram, colonoscopy, prostate exam, skin cancer screening, annual physical or well woman visit. You can log preventive visits once per month, with a maximum of 4 visits per year.

Vaccinations

Have you gotten a preventive vaccine this year? Preventive vaccines can include a flu shot, tetanus shot, or COVID-19 vaccine. You can log vaccines once per month, with a maximum of 2 vaccines per year.

For more information call us at 800.882.2109

or email info@mywellportal.com.

Qualifying Wellness Activities

Specifics on Your 2026 - 2027 Program

Wellness Challenges

Challenge yourself to practice healthy habits and have fun while competing with your co-workers. New challenges will be announced throughout the year and all challenge activity will be tracked on your **'Challenges'** page. When offered, you can complete this activity up to 3 times per year. Stay tuned for more details!

Online Education Course

Are you ready to take charge of your personal well-being but don't have time to connect with a dedicated health coach? Go at your own pace with Health Tracks and Online Education Courses. Topics include: nutrition, blood pressure, physical activity, glucose, weight management, stress management, healthy lifestyle, tobacco cessation, and more! You can complete online education courses for points a maximum of 4 times per year.

Monthly Marquee Health Webinar

Stay up to date with well-being topics and research and join a monthly webinar. Register for the live webinar or view a past webinar on-demand. Visit the **'Webinars'** page or use the drop-down menu under **'Health Tools'** to access available webinars.

For more information call us at 800.882.2109

or email info@mywellportal.com.

Wellness Program FAQs

Why don't I receive completion right away for some activities?
Certain activities must be administratively verified by Marquee Health for accuracy. Our team works as quickly and efficiently as possible to award completion in a timely manner, however, it can take up to 30 days for activities to be reflected in your account.

Why do activities state 'Not Completed', 'In Progress,' or 'Completed'?
You will see a completion status next to each activity, depending on how many times you can log the activity and if anything has been logged to date.

'Not Completed' means nothing has been logged for that activity; *'In Progress'* means that you have logged some and can still log more to reach the point maximum for that activity (for example, you may have logged 1 out of 3 available preventive care visits). *'Completed'* means that you have logged the maximum allotted for that activity.

Why is there a deadline to enroll in a coaching program?
Each telephonic or email coaching program consists of 4 weekly sessions with your dedicated health coach. To complete your program before the program deadline, you must enroll by a certain date to allow enough time to complete the 4 sessions.

Where are my points?
It can take up to 30 days for activity points to be verified and added.

Have you received my results?
If you sent your results in yourself to eHealth Screenings (eHS), you must contact them at 888-708-8807 or help@ ehealthscreenings.com to confirm if your results were received. For questions related to internal Primary Care Provider forms, please call 800.882.2109.

Gift cards
Electronic gift cards will be delivered to the email on file; please check spam and junk folders.

For more information call us at

800.882.2109 or email

info@mywellportal.com.

Examples of frequently asked questions your benefits team/HR help with:

- How do I request a new medical card?
- How do I renew my benefits card?
- Are any wellness visits medically covered?
- Can I add family members to benefits coverage?
- How or when can I update my benefits package or plan?
- Prescription refills

Customer Service
To connect with customer service, call 800.882.2109 and select option 3.

Logging self-verified activities

Self-Verified without Form Upload:
After completing your visit, select the log date, and enter the type of visit in the Notes section, select 'Yes' and click 'Save'.

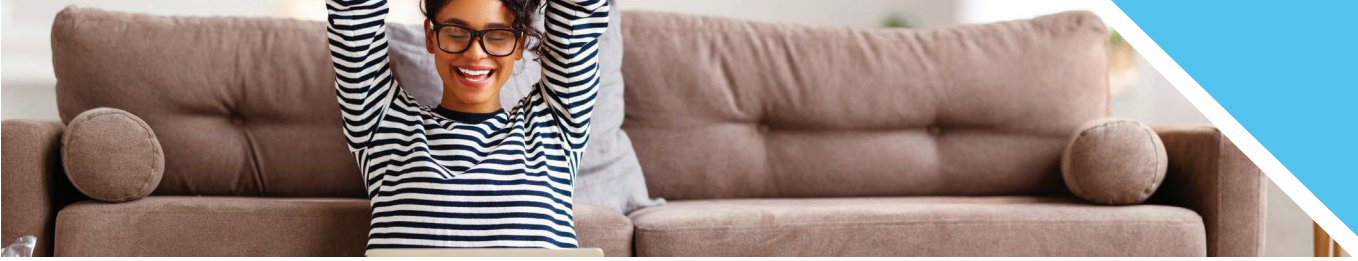
Self-Verified with Form Upload:
After completing your visit, you must upload documentation to earn credit. Select the log date, and enter the type of visit in the Notes section below, and then click 'Upload File' to add documentation of your visit.

If I do not have a specific form (such as a preventive care form), what is eligible for submitting?
An Explanation of Benefits that includes name, physician name, date, and other required information.

More Questions?

Reach out to the Member Experience Team by calling **800.882.2109**, or emailing **info@mywellportal.com.**





2026 - 2027

Gift Card & Rewards FAQ

Program Overview

Q: How do I earn gift cards through the Proviso Wellness Program?

A: Employees earn rewards & gift cards by completing eligible wellness activities (e.g., health screening, annual physical, coaching, challenges, preventive care, etc.) within the program timeframe.

Q: What is the maximum amount I can earn?

A: Eligible employees can earn up to $1,000 in gift cards during the program period.

Q: Who is eligible to participate?

A: Employees enrolled in a PTHS group medical plan are eligible to participate and earn rewards.

Gift Card Redemption Process

***Note:** Gift Cards will not be cumulative based on the milestones you meet. Participants will receive up to 5 individual $200 gift cards throughout the program year.*

Q: How do I redeem my rewards for gift cards?

A: Gift cards will be distributed quarterly from Marquee Health. At the end of each quarter, if you have hit one or more milestones (Milestone: $200) in the Rewards program, you will receive an email from info@hawkmarketplace with a link to select your gift card.

Q: Are gift cards issued automatically?

A: No. Employees must click on the link sent to them via email from info@hawkmarketplace and actively select their chosen gift card to redeem their rewards.

Q: What types of gift cards are available?

A: A variety of digital gift card options are available through the rewards link that gets emailed to you.

Q: Is there a minimum amount required to redeem a gift card?

A: Yes. Employees must achieve the set milestones in the Rewards program in order to redeem a gift card. There are up to 5 milestones that can be earned, each valued at $200.

Q: Can I redeem rewards multiple times?

A: Yes. Employees can redeem gift cards up to 4 times per year (on a quarterly basis) up to the maximum amount earned, $1,000.

Distribution Timing & Delivery

Q: How will I receive my gift card?

A: Gift cards are issued digitally (e-gift cards) to the work email (username) that is used for the Proviso wellness program.

Q: How long does it take to receive a gift card after redemption?

A: Gift cards available immediately after redemption (claiming your selected gift card via email).

Q: Are rewards distributed after each activity or in batches?

A: Rewards are earned per activity and are distributed in batches, on a quarterly basis via email.

Program Guidelines

Q: Do rewards expire?

A: No. Once an email link is sent to an employee to redeem their gift cards, the email link remains active, with no expiration date, for the employee to select their chosen gift card.

Q: Can I carry over rewards into the next program year?

A: No. Rewards are tied to the current program cycle and must be redeemed during that timeframe.

Support

Q: Who do I contact if I have issues with my rewards or gift cards?

A: Contact the Marquee Member Experience team for any questions related to wellness activities or gift card redemption.

Email: info@mywellportal.com

Phone: 800.822.2109

Support contact details are available in the portal or program materials.

This document is designed to provide basic information regarding the Wellness program available to employees enrolled in one of our group sponsored BCBSIL health plans.. This document merely summarizes the employee benefit plans and programs and does not detail all of the terms, conditions, restrictions, and exclusions contained in the plan documents, carrier contracts and/or Summary Plan Descriptions (SPD) (the "plan documentation") for the various benefit plans and programs. Every reasonable effort has been made to ensure the accuracy of the information contained in this document; however, in the event of a discrepancy between the information in this document and the plan documentation, the provisions described in the plan documentation will govern. This document does not create any contractual rights for any current or former employee, or for any other individual. The provisions of the applicable plan documentation will govern the determination of any individual's rights under any employee benefit plan or program. Your employer reserves the right to amend or terminate any of its employee benefit plans and programs at any time and without notice or cause.

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