



2026-27 EMPLOYEE INCENTIVE PROGRAM

Wellness Year Runs October 1, 2026 - September 30, 2027

1 — Choose your activities

Complete any combination of activities from the 2026-27 Activities Log. Choose the wellness activities that work best for you and your goals.

2 — Save your proof

Proof is required for completed activities. Examples may include a receipt, provider note, certificate, completed challenge calendar, or other documentation showing participation. Personal medical information is not needed.

3 — Earn 200 points

Track your activities and points throughout the Wellness Year. Employees must earn a minimum of 200 points to complete the Wellness Incentive Program.

4 — Submit by deadline

It is the employee's responsibility to track completed activities, points, and proof throughout the Wellness Year. Instructions for submitting your completed Activities Log and proof will be sent in September.

5 — Receive your Wellness Incentive

Employees who successfully complete the program and enroll in the district's medical insurance will receive the Wellness Incentive discount on their monthly premiums for the following insurance year.

200 POINTS • YOUR CHOICE OF ACTIVITIES • SAVE YOUR PROOF

Activities	Max	Point Value	Earned Points
Dental Exam	1	10	
Vision Exam	1	10	
Age/ Gender Screening * Well Women * Well Man * Mammogram * Colonoscopy * Dermatology * Hearing * OB/GYN	4	10 each	
Physical with Blood Work	1	75	
Vaccines - Flu and/or COVID	2	10 each	
CPR and First Aid Certification (counts on year of first certificate or renewal)	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	
To complete the 2026-27 Wellness Incentive Program: ✓ Earn a minimum of 200 points by the end of the current Wellness Year ✓ Keep proof/documentation for completed activities ✓ Submit your completed Activities Log and proof by the deadline		Total Earned Points	



Questions? Contact Annie Vigil, avigil@usd260.com or Becky Moeder, rmoeder@usd260.com