



2020-2021 WELLNESS ACTIVITIES

Activities To Earn Rewards Points:

- Earn a minimum of 275 Rewards Points to opt-in to the 2021/22 Wellness Plan.
- Earn a minimum of 375 Rewards Points and earn a Gold Level REWARD.

NEW: Deadline to earn points is March 31, 2021.

Wellness Activity	Points	Activity Descriptions	How to Submit and Redeem Points
Be Healthy For YOU by completing Screenings and Assessments			
Biometric Screening	75	Scheduled District events include biometric measurements (height, weight, waist, and blood pressure) and a blood draw (complete metabolic panel, lipid panel, hemoglobin A1c). Participant will receive their screening results in the mail within two weeks of the screening.	Completing a screening at a District location - points will be submitted for you. If you complete a screening with your own doctor, you will need to submit a form to WellSteps by fax or by using the WellSteps website or App. Biometric Screening Verification Form must be signed by your Medical Provider. CLICK HERE
Personal Health Assessment	25	The Personal Health Assessment (PHA) survey tool consists of valid and reliable questions related to lifestyle practices, health history, and biometric measures to determine individual health status and risk.	Log in at https://www.wellsteps.com/boiseschools and complete your Personal Health Assessment. New users will need to register. Returning users can log in using assigned user name and unique password.
Meet Targets for Blood Pressure and Hemoglobin A1c . . .OR . . . Complete a Take Charge Program	100	<p>Option 1: Results from screening meet targets for blood pressure ($\leq 140/90$) and hemoglobin A1c (≤ 7).</p> <p>Option 2 (if screening results do not meet targets): Prevention Health Specialists will follow-up with covered members whose screening results place them in a higher-risk category. Take Charge is a free and confidential program through Saint Alphonsus.</p> <p>Option 3 (if screening results do not meet targets): Have your medical provider complete and sign the Take Charge section of the Biometric Screening Verification Form CLICK HERE and submit the form to WellSteps via fax or the WellSteps website or App.</p>	<p>Option 1: If your results meet the targets, you will automatically get your points.</p> <p>Option 2: Upon program completion, Saint Alphonsus will submit your points to WellSteps.</p> <p>Option 3: Submit a Biometric Screening Verification Form with the Take Charge section completed and signed by your medical provider to WellSteps using their website, fax, or App.</p>
Self report a recommended health preventive exam	25	Complete recommended preventive exams based on age, gender, family and personal medical history (ex. Vision, dental exams).	Self-Reported item. No documents needed. Check off at: https://www.wellsteps.com/boiseschools on the Rewards page.
Be Healthy For YOU by Completing WellSteps Campaigns and Behavior Change Programs			
WellSteps Wellness Challenges	25	Start a team (25 points), challenge other locations, or go at it alone. Individuals record their own progress. Teammates can message encouraging words, send ideas to each other or even throw in a little smack talk. Login at WellSteps, click on the Challenges icons, and start a challenge.	Track weekly progress, points will be automatically verified and submitted.
Mindfulness at Work	50	Duration – September 14th - October 25th: https://www.wellsteps.com	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
Yoga Flow II	50	Duration – November 2nd - December 20th: https://www.wellsteps.com	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
Circuit While You Work It	50	January 11th-February 28th: https://www.wellsteps.com	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
Walk it Out	50	Duration – March 8th - March 28th: https://www.wellsteps.com	Complete the weekly tasks and submit responses. Points will be automatically verified and submitted.
Be Healthy For YOU with Health Coaching			
Live Well Health Coaching	25/visit	Duration – Available year round: Partner with a Saint Alphonsus Health Coach to adapt new, healthy lifestyle habits. To Learn more: CLICK HERE	No documents needed. Points will be automatically verified and submitted to WellSteps.
Live Well Nutrition Counseling	25/visit	Duration – Available year round: See a registered dietitian for nutrition and dietary guidance you can trust. Optimal nutrition can help with many conditions such as: high cholesterol, high blood pressure, diabetes and weight management. To learn more: CLICK HERE	No documents needed. Points will be automatically verified and submitted to WellSteps.

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Be Healthy For YOU with Virtual Wellness Classes			
A series of classes with the intent to improve health and wellness	50 - 100	Attend a series of health and wellness classes (4 class minimum) with the intent to improve stress, fitness, nutrition, body mass index, or other health profile (i.e., Weight Watchers, yoga or walking group).	Submit a completed Activity Form by fax or using the WellSteps Website or App.
Blood Pressure Down	100	Activity Descriptions: "Take control of your blood pressure by completing this 9 week program that focuses on the causes and practical ways to manage and reduce your blood pressure. Sign up here: https://signupwellness.eventsmart.com/events/bpclass/	How to Submit and Redeem Points: "Must view and complete a minimum of 4 webinar surveys for full points. After completion of the course, a voucher code will be shared with you to redeem in the WellSteps website or App.
TLC by Wellsteps	100	Participate in this comprehensive 10+ week intervention to prevent chronic disease before it starts.	Self-verify your points using the WellSteps website or App
District Wellness Webinar	25 / each	Scheduled informative wellness webinars will be available throughout the year. Invites will be sent to those registered at wellsteps.com/boiseschools.	Webinars: Attend on-line and sign-in as directed. Points will be submitted for you.
District Wellness Presentation / Live	25 / each	Scheduled wellness presentations are available throughout the year. Presenters will include local experts who have a passion in wellness topics. All locations can schedule a live wellness presentation. To schedule call: 208-367-6625 or email sawellness@saintalphonsus.org	Live presentations: Points will be submitted for you upon verification of attendance.
Organize a Wellness Event / Presentation	50 - 100	Make a positive difference and organize an event that promotes employee health and wellness. For more details contact: wellness@boiseschools.org	Submit a completed Group Wellness Activity Request Form by email or school mail to the Wellness Coordinator/District Service Center.
Mini-Steps-Multi-Week Weight Loss Class led by a Saint Alphonsus Dietitian	75-125	Participate in this class focusing on one habit each week. Proven behavior change techniques will help you gain and sustain your desired weight. Sign up here: https://signupwellness.eventsmart.com/events/ministeps	Must attend a minimum of 9 classes for full points. Submit a completed Activity Form by fax or using the WellSteps website or App.
Be Healthy For YOU with Personal Wellness Activities			
Community Fitness Events	50	Participate in a community physical activity event, such as fun run/walk, bike ride, dance-a thon, etc.	Submit a completed Activity Form and copy of registration using the WellSteps website or App: Activity Form
Endurance Competitive Events	75 - 125	Participate in a physical activity event that emphasizes regular training and competing in sustained endurance events such as marathons, cycling, swimming, hiking, cross country skiing, etc.	Submit a completed Activity form and copy of results using the WellSteps website or App: Activity Form
Gym Attendance or Gym Alternative	75	Gym attendance can be verified by an attendance log of 2 consecutive months that shows a minimum of 20 entries, or use alternative log on back of wellness activity form	Submit a copy of attendance record for 2 consecutive months with Activity Form using the WellSteps Website or App: Activity Form
WellSteps MyTracker	50 - 100	Track a health activity or sync your wearable device over a minimum of 4 consecutive weeks using the WellSteps health tracker (MyTracker). Track for an additional 4 consecutive weeks to earn a max of 100 points.	Sync your wearable device to WellSteps MyTracker or submit manual entries in WellSteps MyTracker. Entries must be 5 days per week for a minimum of 4-consecutive weeks.
Wellness Classes or Events outside of school/building	25 - 100	Participate in an enrichment class outside of a school building activity	Submit a completed Activity Form and copy of registration using the WellSteps website or App: Activity Form
Wellness Classes or Events at my school/building	25 - 100	Participate in an enrichment class at my school building.	Submit a completed Activity Form and copy of registration using the WellSteps website or App: Activity Form
Approved Exemption from Wellness Activities	275	If it is unreasonably difficult or medically inadvisable to participate in these Wellness Activities, an exemption form is available. Not eligible for GOLD LEVEL REWARDS Exemption Form	Submit a completed and signed Exemption Form by fax or using the WellSteps website or App.

Boise Schools Employee Wellness Program Contacts:

Isabel Kurita, BSD Wellness Coordinator
(208) 854-4083 • wellness@boiseschools.org

HR Benefits Team

(208) 854-4074 • benefits@boiseschools.org

District Wellness Website

www.boiseschools.org/our_district/wellness_program



Download the WellSteps App for iPhone, iPad or Android

Boise@WellSteps.com www.wellsteps.com/boiseschools

Helpful Links:

How Rewards work: [Rewards](#) • **How My Tracker works:** [My Tracker](#)

Wellness Program Partner Contacts:

 Candi Zappia, Saint Alphonsus Corporate Wellness
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