

# Wellness Incentive

The School District of Osceola County is so committed to your wellness that the District will reward you with a \$100 Wellness Incentive each school year that you participate to help you pay for medical expenses.

When you qualify, your \$100 reward will be deposited in a Health Care Flexible Spending Account in your name on October 1, 2010. You will also be entered to win a \$100 gasoline card! You can use the money in your FSA to pay of covered medical, dental, and vision expenses. (See pages 21-24 in the *4 Your Benefit Guide* for FSA details on an FSA.)

Only active benefits-eligible employees qualify. When both husband and wife work for the District, each employee must individually satisfy the qualification requirements.

## 3 Steps to Qualify

You have from July 1, 2009 through June 1, 2010 to complete and submit documentation for all three activities. You must complete or update all three steps each year to continue to qualify for the incentive.

### STEP 1. COMPLETE A HEALTH ASSESSMENT BY JUNE 11, 2010.

- CIGNA Medical Plan and Hospital Indemnity Plan (HIP) Participants: Complete CIGNA's online, confidential Health Assessment. See page 48 in the *4 Your Benefit Guide* for details about the Health Assessment.
  - Log onto [mycigna.com](http://mycigna.com) and complete or update your Health Assessment.
  - Print out "Physician Profile" and submit it to Risk & Benefits Management.
- If you are enrolled in the Disability Protection Plan or as a Secondary Half-Family Spouse, you can take the Diet and Fitness Evaluation at <http://www.hopeflorida.org/>. Be sure to enter Promotional Code HPC59.

STEP 2. ATTEND A HEALTH FAIR BETWEEN JULY 1, 2009 AND JUNE 11, 2010. Submit the original Proof of Attendance Card you get at the Health Fair. Replacement cards are not available and photocopies cannot be accepted.

STEP 3. GET YOUR ANNUAL PHYSICAL. Visit your doctor for your annual physical (PCP or GYN depending on your age and medical history) between July 1, 2009 and June 11, 2010. Submit a copy of your Explanation of Benefits. You can print one from [www.mycigna.com](http://www.mycigna.com) or have your doctor certify (on letterhead or a prescription pad) that you received your physical.

## Submit Your Documentation by June 11, 2010

You must submit all three pieces of documentation to *Risk & Benefits Management* by the deadline along with your *full name and employee ID number*.

Participants that meet the requirement of the Employee Wellness Incentive will be automatically entered into a drawing held on July 15th for a \$100 gasoline gift card giveaway. A total of four (4) gas cards will be raffled for each level --Elementary School, Middle School, High School and Departments. Make sure your telephone number is up-to-date with your facility secretary -- we'll use the telephone number in TERMS to contact the winners.



The School District of Osceola County, FL

*Risk & Benefits Management is not responsible for incomplete, unidentifiable or lost documentation*

