



An **AIMS** School Dedicated to Promoting a Healthy Community

The **Educators Benefit Services (EBS) WellEducated Wellness Program** was established in 2016. In the first year there were six EBS member schools that participated in the program. We are excited to share the **WellEducated Program** has grown. We currently have **29** EBS member schools actively participating.

The value of this program is immeasurable. In today's fast-paced world, in which lifestyle choices are influenced by convenience and technology, chronic conditions such as diabetes and high blood pressure are rising at alarming rates. Three common causes of chronic disease include lack of physical activity, poor nutrition and use of tobacco products. The **WellEducated Program** is designed to assist with “**changing the culture**”, by providing member schools tools to design a wellness program that will assist employees and their families with taking the necessary steps towards healthier living.

EBS and our partner carriers UnitedHealthcare and Kaiser Permanente are committed to the success of the **WellEducated Program** and the well-being of our members. Our goal at EBS is to inspire our member schools to promote wellness initiatives that will improve overall employee mental and physical health, life satisfaction, and to give employees a sense of purpose. To support this goal, EBS, UnitedHealthcare and Kaiser have agreed to provide funding and resources for programs, seminars, and other wellness initiatives to add to the individual success of each of our member schools wellness programs.

In addition to providing funding for wellness initiatives, there is an opportunity to be awarded funds to be used towards tuition scholarship funding. Within the **WellEducated Program** schools have the ability to earn three **WellEducated** ratings.

1. **WellEducated School**
2. **WellEducated "A" Rated School**
3. **WellEducated "A+" Rated School**

Achieving the designation of a **WellEducated "A+" Rated School** will qualify your school to be included in the scoring process administered by The EBS Wellness Board. The highest scoring schools will be awarded tuition scholarship funds for the **2020-2021** school year and will be recognized at the **2020 Healthier Together**

Wellness Symposium (see awards page for 2018 recipients – [2019 Award Recipients](#) and [How to get started](#)).

2019 EBS *WellEducated* Wellness Program Participants

- Beth Tfiloh Dahan Community School - **2017 & 2018 "A" Rated School**
- Friends School of Baltimore - **2017 & 2018 "A" Rated School**
- Glenelg Country School
- Sidwell Friends School - **2017 "A" Rated School**
- Sandy Spring Friends School - **2017 & 2018 "A" Rated School**
- Stone Ridge School of the Sacred Heart - **2017 & 2018 "A" Rated School**
- Boys' Latin School
- Charles E. Smith Jewish Day School - **2017 & 2018 "A" Rated School**
- Christ Episcopal School
- Friends Community School - **2017 "A" Rated School**
- Garrison Forest School
- Georgetown Day School - **2017 "A" Rated School**
- Greenspring Montessori
- Holy Trinity Episcopal Day School
- Kent School
- The Key School
- Landon School
- Loyola Blakefield - **2017 & 2018 "A" Rated School**
- Maryvale Preparatory School - **2018 "A" Rated School**
- McDonogh School - **2018 "A" Rated School**
- Mercy High School
- Oldfields
- Primary Day School - **2018 "A+" Rated School**
- Sheridan School
- St. John's Episcopal School
- St. Timothy's School
- Woods Academy
- Aidan Montessori School
- Gunston School

For more information on becoming a ***WellEducated School***, contact Sally Birmingham at sbirmingham@ebsonline.net or Melissa Sedenka at msedenka@ebsonline.net.

"The greatest wealth is health." ~ Virgil