

NEW HIRE GUIDE

Midland ISD and laWellness offer you a unique and comprehensive wellness program. Midland ISD Wellness gives you the opportunity and tools to learn about current or emerging health conditions AND maintain a \$75 montly savings (\$900 annually) on your current medical plan premiums!

Simply complete steps 1, 2 and 3 within 30 days of your hire date

1

REGISTER YOUR ACCOUNT

Register your wellness account using the link sent to your email from [noreply@wellright.com]

2

NEW HIRE WELLNESS OVERVIEW

Click the "New Hire Wellness Overview" box and view the information and answer the overview questions

3

HEALTH RISK ASSESSMENT (HRA)

Complete the Health Risk Assessment by clicking "Health Risk Assessment" at the top of your page and choose "Questions"

CONGRATULATIONS! If you completed the above steps within 30 days of your hire date you will begin receiving the discount on your medical plan premiums for the 23-24 plan year

WHAT'S NEXT?

4

EARN 750 POINTS BY JUNE 30, 2024 TO EARN THE DISCOUNT FOR THE 24-25 SCHOOL YEAR

Scroll through your wellness page to see the many opportunities to earn points. Watch for emails to announce special opportunities throughout the year!

5

COMPLETE A 2024 WELLNESS SCREENING

Watch for information later in the year for details about on-site screenings provided by MISD. You may also take the personal physician form (PCP) to your personal physician and upload the results to your wellness account.

COACHING

You still have **FREE** access to a Registered Dietitian, Exercise Specialist, and Registered Nurses through the Midland ISD wellness program.

COACHING INCLUDES:

- Nutrition Counseling
- Accountability and Encouragement
- Healthy Lifestyle Tips
- Exercise Advice

SIMPLY DIAL 806.765.7265 OR 877.765.7265 TO SCHEDULE A CALL

EDUCATIONS AND CHALLENGES

Educations and Challenges will be available year-round and on demand!

Points are automatically awarded once your education and/or challenge is **COMPLETED**.

There will be a NEW University library with **over 300** educations available to be “*healthy by choice*”. Topics cover your emotional, physical, social, occupational, and financial health.”

POINTS

You are no longer required to upload documentation of your activity or service. When entering your information, enter the date the activity or service was completed, check the box, and click “Submit”.

*Please keep documentation for random audits.

25 POINTS

- Attend a Wellness Event or Fair
- Use an Exercise Tracking Device or App (1 per mo.)

50 POINTS

- Foundation 99 Registration
- Bone Density Screening
- Dental Exam (2 per yr.)
- Community Race/5k
- Midland Wellness Tour
- Vaccines (Flu, Covid, Pneumonia, Shingles)
- Clothes Donation (1 per quarter)
- Food Bank Donation (1 per quarter)
- Eye Exam

100 POINTS

- Cancer Screening
- **Health Risk Assessment**
- Donate Blood/Plasma

125 POINTS

- Participate in 10k/ Marathon

150 Points

- Mammogram
- Pap or Well Woman Exam
- PSA Test (males only)

- Gym or Home Exercise Log (1 per mo.)

- Organized Sports Event
- 1 Hour of Community Service
- Donate to MISD’s Family Support Center
- Blood Pressure Check (1 per quarter)
- **Quarterly Educations and Challenges**
- Download the MyMISD App
- Download the Wellright App
- Foundation 99 Activity or Call

- **iaWellness Coaching Sessions**
- Stop the Bleed

- Become CPR/First Aid certified

- Annual Physical
- Colonoscopy

Points in orange will be awarded by iaWellness

