

Follow the steps below beginning September 1, 2023, to earn the **\$75 per month** discount on your MISD medical plan premiums for the 24-25 school year.

If you have not already registered your account, please check your email for a link from [noreply@wellright.com]. Simply click the link to complete the registration and get started!

1

2023-2024 WELLNESS PROGRAM OVERVIEW (50 POINTS)

Click the "2023-2024 Wellness Program Overview" box to view the information and answer the overview questions. **Deadline: December 31, 2023**

2

HEALTH RISK ASSESSMENT HRA (100 POINTS)

Complete the annual Health Risk Assessment by clicking the "2023-2024 Health Risk Assessment" box and completing the questions. **Deadline: June 30, 2024**

***If you completed the assessment last year you can view and compare your year-over-year results!**

- Hover over "Health Risk Assessment" and click "Health Profile"
- Click the category you wish to view (Strengths, Habits, Biometrics, and Conditions)
- Click the small clock icon and see your results for each year

3

Earn 750 Wellness Points by June 30, 2024 TO EARN THE DISCOUNT FOR THE 24-25 SCHOOL YEAR

Scroll through your page to view the many opportunities to earn points. Watch your email for special opportunities throughout the year!

4

Complete a Wellness Screening for the 2023-2024 Plan Year (100 Points)

Stay tuned for on-site screening details! [Click Here For the PCP Form](#)

If you do not screen on-site you may upload the PCP form completed by your personal physician. Wellness screening results obtained between **9/01/2023 and 6/30/2024** will be accepted. Submissions must contain all requested information on the approved PCP form. Forms that are incomplete or outside of the approved time frame will be denied.

Deadline: June 30, 2024

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 is a 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.)
- Gym or Home Exercise Log (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
- 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

100 POINTS

- Cancer Screening
- Health Risk Assessment
- Donate Blood/Plasma
- iaWellness Coaching Sessions
- Stop the Bleed

125 POINTS

- Participate in 10k/ Marathon
- Become CPR/First Aid certified

150 Points

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

Points in green will be awarded by iaWellness

