

2021-2022 WELLNESS GUIDE



Follow the steps below beginning September 1, 2021

Midland ISD and iaWellness are excited to continue to offer employees on the medical plan the opportunity to increase their health awareness and earn a discounted rate on their health insurance. **Complete the steps below to be eligible for the savings beginning in September 2022!**

STEP 1: VIEW THE KICK OFF VIDEO DEADLINE: NOVEMBER 30, 2021

- ▶ go to www.midlandisdwellness.com or use your **MyMISD App** and **log in** to your account
- ▶ Click the "**Wellness Video**" icon on the workflow
- ▶ Fill out the requested guestbook information



STEP 2: EARN 750 WELLNESS POINTS SEPT. 1, 2021- AUG. 12, 2022

- ▶ Go to www.midlandisdwellness.com or use your **MyMISD App** and **log in** to your account
- ▶ Click the "**My Activities**" icon at the top of the page and click "**My Points**"
- ▶ Refer to the Kick Off Video for the steps to upload documentation for points

STEP 3: SCREEN IN THE SUMMER OF 2022 DEADLINE: AUGUST 12, 2022

Scheduling will be available later in 2022. Watch for more information!

- ▶ **Log in** to your wellness account
- ▶ Click the "**My Wellness Screening**" tab on the left-hand side of your welcome page
- ▶ Follow the prompts to schedule your **location, date and time**



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Your wellness plan is designed to help you achieve your best health. Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Contact iaWellness at 806-765-7265, and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

POINTS

NEW: Proof (receipts or other documentation) will be required for healthy choices marked with **P**

**Refer to the Kick Off Video for the steps to upload documentation*

25 POINTS

- › Attend a wellness event or fair **P**
- › Use an exercise tracking device or app (1/mo.) **P**
- › Gym or home exercise log (1/mo.) **P**
- › Dental Exam (2/yr.) **P**
- › Additional iaWellness Coaching Sessions*
- › Download the MyMISD App*

50 POINTS

- › View the Wellness Video*
- › Bone density screening **P**
- › Cancer screening **P**
- › Community race/5k **P**
- › Midland Wellness Tour **P**
- › Vaccines (Flu, Covid, Pneumonia, Shingles) **P**
- › Clothes donation (1/quarter) **P**
- › Food bank donation (1/quarter) **P**
- › Eye exam **P**
- › Organized sports event **P**
- › Become CPR/First Aid certified **P**
- › 1 hr. of community service **P**
- › Quarterly educations*

100 POINTS

- › Mammogram **P**
- › Pap or Well Woman Exam **P**
- › PSA test (males only) **P**
- › Annual physical **P**
- › Colonoscopy **P**
- › Donate blood/plasma **P**
- › iaWellness initial coaching session*

125 POINTS

- › Participate in 10/k Marathon **P**

* These points are not self-recorded, they are awarded by iaWellness.

COACHING

You 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 & CHALLENGES

Stay accountable! Educations and challenges will help motivate you to stay on target to reach your health goals. We offer fun and engaging challenges and educations throughout the year to cover a wide variety of healthy topics.

Stay tuned for more information regarding upcoming educations and challenges.