



Earn Your 2019-20 Wellness Incentive

Center School District Employee Blue Cross/Blue Shield Members are rewarded for healthy behaviors, such as being tobacco-free and getting preventive exams. Participation is voluntary; however, all employee-members that complete the wellness incentive requirement by April 1, 2019 are eligible for a \$50 monthly wellness incentive to be added to the Board of Education-paid portion of health insurance premiums.

To earn the incentive, simply achieve 3,250 points in your “A Healthier You” portal at mybluekc.com.

Log-in to www.MyBlueKC.com to start earning points. Detailed instructions, information and links to forms are available at www.58fitness.com.

ALL BLUE KC-MEMBER EMPLOYEES ARE ELIGIBLE TO PARTICIPATE IN THE WELLNESS PROGRAM, REGARDLESS OF TOBACCO USE AND CURRENT WELLNESS STATUS.

There are many ways to earn 3,250 points available within your portal and can be customized based upon your health risks and interests. We will offer several onsite events this year to help you earn points, including:

- Onsite health screenings (750-1500 pts possible): biometric screenings will be available at all school buildings in October.
- Online Health Risk Assessment/HRA (750 pts): complete the confidential HRA within your portal. This gives you information about managing your own health risks and also provides your wellness committee with an aggregate report (no personal information is shared) to help provide onsite programming and educational opportunities most relevant to you.
- Preventive Physical (1000 pts): BlueKC will cover one preventive physical at 100% each calendar year. Annual physicals do not have to be 365 days apart, but each must occur in its own calendar year.
- Fit 58 Center Education Foundation 5K or 1 Mile Fun Run/Walk (250-500 pts): Run or walk OR volunteer for the event to earn points. Register at <http://www.center5k.com> or contact Michelle Kruse.

Additional challenges and educational opportunities will be added throughout the year. This is not a comprehensive list.

Your privacy is important. It's also protected by law. Please know that the only person that will know or needs to know your screening and HRA results is you. We will only know that you achieved the required number of points and will never know how the points were achieved.

We understand that you may have questions. Michael Weishaar and Michelle Kruse will be visiting all buildings in the coming weeks to provide more details and answer your questions. Michelle Kruse will supply detailed instructions and dates/times for October screenings via email and the wellness website, www.58fitness.com.

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