

Choose Healthy EACS

2021 EACS Wellness Premium Credit



This document highlights details and rules for *the Wellness Premium Credit* employees can earn in 2021.



EACS Employees enrolled in a medical plan can save on their medical premium contributions by participating in the 2021 Wellness Rewards Program. Participants who fulfill the 2021 Wellness requirements by the deadline of **December 3rd, 2021**, will receive a \$200 Wellness Premium Credit in 2022. Your results are protected by Federal Law and will remain **confidential**. The District will only be notified of your participation if you have completed all required actions within the program. Failure to participate does not render you ineligible for medical plan coverage. If you have questions, please contact Tori Bontrager, EACS Wellness Coach at tbontrager@eacs.k12.in.us or (260) 446-0100 ext. 1003.

Wellness Rewards Timeframe: January 1, 2021 – December 3rd, 2021

Participant Eligibility:

Who can participate in 2021? An employee enrolled in a medical plan offered by East Allen County Schools. Each of the four (4) steps must be completed to earn the Wellness Premium Credit.

Participant Required Actions:

Step 1: TO BE COMPLETED BY NOVEMBER 1ST, 2021!

Complete a wellness screening which includes total cholesterol, LDL cholesterol, HDL cholesterol, fasting glucose, triglycerides, height, weight, waist circumference and blood pressure. Participate in an EACS On-site Wellness Screening **OR** download a *Healthcare Provider Verification Form* for completion by your healthcare provider and submit to Tori Bontrager, EACS Wellness Coach. **See Participant Resources #1 on page 2 for more information.**

Step 2: TO BE COMPLETED BY DECEMBER 3RD, 2021!

Submit a *Non-Tobacco User Affidavit* or complete an approved tobacco cessation course. Complete one (1) of the following options below:

- If you are a non-tobacco user, submit a *Non-Tobacco User Affidavit* to Tori Bontrager;
- Complete the seven-week EACS On-site Freedom from Smoking Course; OR
(See Participant Resources #2 on Page 3 for more information)
- Complete the Indiana Tobacco telephone-based cessation program
(See Participant Resources #2 on page 3 for more information)

Step 3:

Complete an Online Health Risk Assessment by December 3rd, 2021. Your Online Health Assessment will be available after creating your personal wellness portal.

Step 4:

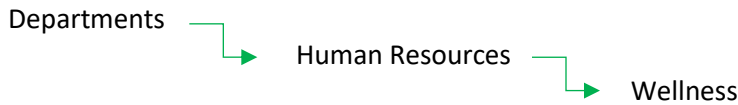
Earn **10 Activity Points** by December 3rd, 2021. *Activity Points* are designed to reward and encourage your involvement in enhancing your healthy lifestyle! Of the several opportunities listed, choose the opportunities that work for you. **See Participant Resources #3 on page 4 for more information.**

Participant Resources:

- Each participant will need to complete a wellness screening. You can fulfill this requirement in one of two ways: by participating in an EACS On-site Wellness Screening event (schedule of screening events listed below); **OR** by having your healthcare provider conduct the required biometrics (height, weight, waist circumference & blood pressure) and blood work (total cholesterol, LDL cholesterol, HDL cholesterol, fasting glucose & triglycerides). All of the requirements listed above are **required** for your submission.

-If any value is missing, you will be asked to resubmit with all information provided.

-If you choose not to participate in an EACS On-site Wellness Screening, your healthcare provider must complete a *Healthcare Provider Verification Form*. Submit your *Healthcare Provider Verification Form* along with your lab results to Tori Bontrager at tbontrager@eacs.k12.in.us or courier to EACS Annex Building **BY NOVEMBER 1ST, 2021**. Download your *Healthcare Provider Verification Form* at <http://www.eacs.k12.in.us/>. Once at the EACS homepage, select:



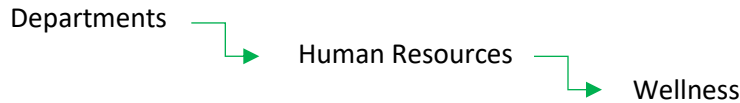
A schedule of EACS 2021 On-site Wellness Screening events are provided below.

EACS 2021 On-site Wellness Screening Events

Screening Location	Screening Date	Screening Time
Leo High School Screening Location: Room 150	April 13, 2021	6:00 a.m. – 8:00 a.m.
Woodlan High School Screening Location: Multipurpose Room	April 14, 2021	6:00a.m. – 8:00 a.m.
Cedarville Elementary Screening Location: Multipurpose Room	April 16, 2021	6:45 a.m. – 8:45 a.m.
Heritage High School Screening Location: High School Library	April 20, 2021	6:00 a.m. – 8:00 a.m.
EACS Administration Building Screening Location: Board Room	April 21, 2021	5:30 a.m. – 10:30 a.m.
Paul Harding Junior High Screening Location: Room E100	April 23, 2021	6:00 a.m. – 8:00 a.m.
EACS Annex Building Screening Location: 111	April 27, 2021	7:00 a.m. – 9:00 a.m.
EACS DOT Screening Location: TBD	July 27, 2021	6:30 a.m. – 8:00 a.m.

Participant Resources:

- If you are a non-tobacco user, submit a 2021 *Non-Tobacco User Affidavit* to Tori Bontrager at the onsite wellness screening, email to tbontrager@eacs.k12.in.us or courier to the EACS Annex Building **BY DECEMBER 3RD, 2021**. Download the *Non-Tobacco User Affidavit* at <http://www.eacs.k12.in.us/>. Once at the EACS homepage, select:



If you currently use tobacco products, you are still eligible to receive the 2021 premium incentive. To receive the incentive, you must complete one (1) of the following options:

Option 1

Complete the seven-week EACS On-site Freedom from Smoking course. Contact Tori Bontrager, EACS Wellness Coach at (260) 446-0100 ext. 1003 or tbontrager@eacs.k12.in.us for more information.

Option 2

Complete the Indiana Tobacco Quitline telephone-based cessation program. The Indiana Tobacco Quitline cessation service is designed to help all Indiana tobacco users.

You and a trained Quit Coach will co-create a customized quit plan that works best for you. Length of individual programs will vary on individual needs. After completing your program, you will be provided with a certificate of completion. Email a copy of your certificate to Tori Bontrager at tbontrager@eacs.k12.in.us or courier to the EACS Annex Building. **Call 1-800-Quit-Now (800-784-8669) to get started.**

The Indiana Tobacco Quitline assists:

- Tobacco users in any stage of readiness to quit
- Pregnant smokers
- Smokeless tobacco users
- Former smokers who want relapse prevention support
- Friends and relatives of tobacco users who want to offer support

When you call the Indiana Tobacco Quitline, a trained Quit Coach will provide:

- An assessment of readiness to quit
- A customized quit plan
- Motivation and problem-solving advice
- Up-to-date information about nicotine replacement therapy
- A Quit Kit, including materials in English or Spanish, tailored for your needs

Participant Resources

3. It's simple - Earn **10 points** by participating in various activities. The chart below outlines all the different activities that you can complete to earn points. To earn points, submit the requested documentation to Tori Bontrager, EACS Wellness Coach, at tbontrager@eacs.k12.in.us or courier to the EACS Annex Building **BY DECEMBER 3RD, 2021**. "Any form of documentation" refers to showing your activity participation (EX: receipts, summary, or any form stating your participation).

Required Activities	Definitions and Required Documentation	Point Value
Complete a wellness screening, online health assessment & confirm tobacco status. *Complete these activities to be eligible for the premium credit.	-Participate in an EACS On-site Wellness Screening OR download a <i>Healthcare Provider Verification Form</i> for completion by your healthcare provider. -Submit a <i>Non-Tobacco User Affidavit</i> or complete an approved tobacco cessation course. TO BE COMPLETED BY DECEMBER 3RD, 2021	Mandatory-no points Mandatory-no points
	-Your Online Health Risk Assessment is available to you following the creation of your EACS personal wellness portal. This can be found using this link: https://eacswellness.personalhealthportal.net/ TO BE COMPLETED BY DECEMBER 3RD, 2021	Mandatory-no points
	Documents will be collected as you participate in the program.	
Activity Point Choices	Definitions and Required Documentation	Point Value
Health Maintenance Activities	Colonoscopy Dental Exam Eye Exam Flu Shot or other vaccine Heart Smart CT Scan Mammogram Pap Routine Physical Exam Skin Check Chiropractor <i>Submit proof of each appointment. Earn 1 point per activity- max 1 point per activity.</i>	1
Health Management Activities	Complete a Disease Management Program (YMCA Diabetes Prevention Program, etc.) Complete a Weight Loss Program (Weight Watchers, True Wellness Weight Loss Solutions, Working with a Dietician, etc.). Review your wellness screening results with Tori Bontrager, EACS Employee Wellness Coach. <i>Submit any form of documentation. Earn 1 point per activity.</i>	1

Activity Point Choices	Definitions and Required Documentation	Point Value
Get CPR Certified	Submit CPR certification card.	1
Science of Happiness IDOE Course	Completion of this program will award you 3 wellness credits. Please submit your certificate of completion. The course can be found at: https://moodle.doe.in.gov/course/index.php?categoryid=51	3
Donate Blood or Plasma	Submit any form of documentation for proof.	1
Volunteer your Time	Volunteer for a non-profit organization. Email Tori Bontrager a photo or brief explanation of what you accomplished.	1
Meet with Financial Advisor	Submit any form of documentation for proof.	1
Participate in a community-based walk or run	EACS Sponsored events will earn you 2 wellness points per activity. Submit any form of documentation for proof.	1 <i>*Earn 1 point per event</i>
Coach or volunteer a youth sport or intramural program	Email Tori Bontrager (tbontrager@eacs.k12.in.us) proof.	1 <i>*Earn one point per sport</i>
Participate in a building or district wellness challenge	Participate in a building wellness challenge organized by Tori Bontrager, EACS Wellness Coach. If you organize your own wellness challenge for your building or school, you may earn 1 additional wellness credit for a total of 2!	1
Join Team EACS	Join Team EACS when registering for the following events: <ul style="list-style-type: none"> - Fort4Fitness Spring Cycle - Fort4Fitness Fall Festival - Fantasy of Lights 5K or 2K Participate in any EACS Sponsored Run/Walk activity to earn 2 points. Email Tori confirmation of activity.	2 <i>*Earn 2 points for each event that you join Team EACS</i>

Activity Point Choices	Definitions and Required Documentation	Point Value
<p>Walk with EACS in a Community Parade</p>	<p>Walk with EACS in a Summer Community Parade:</p> <ul style="list-style-type: none"> - Canal Days - Grabill Country Fair - Harlan Days Festival - Hoagland Days Fair - Woodburn Summerfest - Monroeville Harvest Festival <p>Each community parade will take place during the Summer of 2021. As each parade draws near, Tamyra Kelly will email the day, time and EACS meeting place for each parade. If you have questions prior to this announcement, please email Tori Bontrager.</p> <p style="text-align: center;">Email Tori to confirm participation</p>	<p style="text-align: center;">2</p> <p>*Earn 2 points for each parade</p>
<p>No more than 5 Personal Illness Days taken in a calendar year</p>	<p style="text-align: center;">No documentation required</p>	<p style="text-align: center;">2</p>
<p>Wellness Coaching</p>	<p>Participate in ongoing wellness coaching with Tori Bontrager, EACS Wellness Coach (minimum of <i>3 sessions</i>).</p> <p>Email Tori at tbontrager@eacs.k12.in.us to schedule your appointment.</p>	<p style="text-align: center;">3</p>
<p>Log Activity Minutes</p>	<p>Log a total of 5,000 Physical Activity Minutes in 2021. Start today and <i>average just 20 minutes a day to reach 5,000 minutes.</i></p> <p>If you need a log, contact Tori Bontrager, EACS Wellness Coach. Email your completed log to tbontrager@eacs.k12.in.us no later than December 3rd, 2021!!</p>	<p style="text-align: center;">3</p>