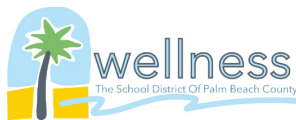


Employee Wellness



Employee Wellness

The School District of Palm Beach County is committed to helping employees adopt a healthy lifestyle and improve their quality of life.

It has been proven that people who are healthy are more productive, more motivated, and more satisfied at home and at work. While our focus is to promote the health and well-being of School District staff through education, behavior modification, guidance, and support, employee well-being also produces good role models for students while supporting high student achievement.

Your Employee Wellness program offers many opportunities to improve your health, including onsite screenings, health challenges and programs, health education and benefit education, and support.

Our goal is to keep people healthy, reduce the risk factors among at-risk members, and improve the health of those who already have chronic conditions by encouraging them to make lifestyle changes. To do this, we give employees easy access to the resources needed to make well-informed decisions about their health and health care.

Visit us on the HUB for more information about our program offerings, including:

- Health Rewards
- Upcoming Wellness Events
- Support Groups
- Programs, Resources, and Support

https://hub.palmbeachschools.org/all_employees/employee_wellness

Key Components of Employee Wellness

Our health promotion efforts are comprised of awareness, educational activities, behavior or lifestyle change programs, and the creation of supportive environments. The following highlights some of our numerous efforts to give employees the opportunities and information they need to be proactive and address their health & wellness:

- Accessible physical activity & healthy eating options
- Advocacy health care help
- Apps - MyUHC, HealthAdvocate, MyHumana, EyeMed, Headspace, Calm Health, Talkspace, and more
- Clinical program engagement
- Community fitness events
- Diabetes prevention programs
- Disease & care management
- Employee Assistance Program
- Health & wellness seminars
- Health Rewards
- HealthyLiving-Lessons for Life Nurseline
- Healthy Pregnancy Program
- On-site health screenings & mammography, dermatology screenings and more
- Online & telephonic health coaching
- Online health information & resources
- Preventive care campaigns
- Real Appeal weight loss program
- Staff Sports program
- Stress management strategies
- Substance Use Quit Kits
- Virtual visits
- Wellness Champion Program
- Wellness newsletter
- OnePass gym membership discounts
- Onsite activities

Wellness Services to Help you Meet your Personal Health Goals

Find Support by Working with a Personal Health Coach

If you have health risks, our health coaches may call you to offer their support. They can set up a personal plan to help provide health tips and coaching support, or you can call them for help in finding ways to improve your health.

Get Help to Stop Smoking or Quit Using Tobacco

We know it's not easy to quit, but we'll give you the support you need. You'll receive tips on how to quit, set a "quit date" and begin a step-by-step program with access to online tools that can help you stay on track by:

- Identifying common obstacles to quitting
- Understanding nicotine replacement therapy options
- Dealing with temptations and preventing relapse.

Learn How We Can Help You Lose Weight

There are real advantages to losing weight. Being overweight can lead to diseases, such as heart disease, diabetes, high blood pressure and high cholesterol. Our online health coaches will guide you through a staged approach to learning about proper nutrition and how to plan healthy meals.

- Learn different ways to lose weight.
- Plan more nutritional meals.
- Manage your exercise and track your progress.
- Avoid temptations.

Wellness Services



Save Money on Healthcare



Health Rewards

- Up to \$600 savings
- Disease and condition prevention

Know Where to Go

- DOC/CVS
- Virtual Care
- Primary Care
- Urgent Care
- ER

\$10-25
\$25
\$30-60
\$50-75
\$250+

District Onsite Clinic

- Lower copays
- Free generic medications
- Free nurse and dietitian services

Virtual Medical Care

- Lower copay
- Convenient (save gas!)
- Primary care, sick, and specialty services

UHC Tier 1 Providers

- Lower costs
- Better outcomes
- Fewer hospital stays
- Look for the symbol!

Health Advocate

- Six free sessions per person, per year, per topic
- Bill saver program
- Open to dependents and parents

Trustmark Policies

- Wellness and Benefit Rider
- Can submit riders for past 3 years
- Hospital Stay Pay, Accident, Critical Health Events and Critical Illness

UHC OnePass

- More gym access for lower costs
- Free Paramount +/Instacart
- AARP discounts
- 10% discount for family/friends

Other

- [Employee Discounts on the HUB](#)
- [Rally Coin Rewards](#)
- [Fitness Video Library](#)
- [Flexible Spending Accounts](#)
- [Budgeting worksheet](#)