



Wellness Newsletter

\$40 Fitness

Get \$40 back for attending a fitness facility of your choice at least 80 times in a calendar year. Submit proof of your 80 visits to Human Resources by Jan 31, 2019, for your 2018 reimbursement. This offer is only available to SASD staff.



\$25 Voucher

Attend 75% of a Rec. Department fitness class, then have your instructor sign a voucher found on the SASD website (About/Wellness/Special Offers) or on Wellness bulletin boards. Present this voucher when paying for your NEXT class and get \$25 off!

50 Bonus Points

Did you earn 1,250 points by Sept. 30? If so, 50 bonus points will be added to your Healics dashboard on Dec 6.

Blood Drives

Every two seconds, someone in America needs blood. Only 38% of the population is eligible to donate. Of those 38% that can donate, only about 8% actually do! Consider donating at one of our two sites.



October 5 - Étude High School

Event held from 9:00 a.m. - 2:00 p.m. in the school cafeteria on the third floor (834 Virginia Avenue). Contact mking@etudegroup.org to schedule your appointment. Sponsored by the American Red Cross.

October 17 - James Madison

Donate blood in October and be automatically entered to win a tailgate package to see the Green & Gold at Lambeau Field. Visit bit.ly/jamesmadisonoct2018 or call 877-232-4376 to register. Appointments encouraged. Open to the public. Event held from 2:00 p.m. - 7:00 p.m. in the school gym (2302 David Avenue). Sponsored

Make the SHIFT

Commitment forms are due to Jeri Dreikosen by October 31, 2018.

Gratitude Challenge

Watch for the "Gratitude Challenge" which will be rolled out at November and December Wellness visits with Jeri Dreikosen!



What is the EAP?

The Employee Assistance Program provides confidential services to help employees and their families maintain balance between work and home. You do not need to carry SASD insurance to receive the benefits of this program.



Typical Concerns Include:

- * Alcohol/Drug Abuse
- * Anxiety
- * Depression
- * Aging Parent
- * Child Concerns
- * Family Concerns
- * Divorce
- * Financial Pressures
- * Child Care
- * Legal Issues
- * Relationships
- * Workplace Stress

Point Deadline

The deadline for submitting ALL points to Healics is October 31, 2018. You must earn 1250 points to earn the 12% premium discount!





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SASD Insurance

Are you a new Sheboygan School District employee? If so, we highly recommend you attend one of the in-service sessions for employees and/or spouses who are new to the SASD insurance program.

All meetings will be conducted in the Board Room at the Central Office.

Please plan on attending one of the in-services listed below.

November 20 (Tues.)
6:30-7:30 a.m.
5:00-6:00 p.m.

November 28 (Wed.)
5:00-6:00 p.m.

November 29 (Thurs.)
6:30-7:30 a.m.

Cooking Class

The coming months are full of festivities, family celebrations, and big dinners.

But for those trying to lead a healthy lifestyle, the holidays can quickly sabotage your goals. Join Relish Kitchen Store for a "Healthier Holidays" cooking demo. Chef Shelly will share healthy tips and make-ahead tricks so you can enjoy a stress-free holiday season.



The menu features:

*Turkey and Black Bean Enchiladas with Tomato Cranberry Salsa

* Twice-Baked Sweet Potatoes with Pecan Maple Crunch

*Shaved Brussels Sprouts Salad with Apples and Bacon

Class will be held Monday, November 12 from 5:00 - 7:00 p.m. at Relish Kitchen Store, downtown Sheboygan, 811 North 8th Street. The registration fee is \$20 (SASD subsidizes remainder). Register by emailing ppilz@sasd.net. Class size is limited to 20 people.

Flu Vaccinations

All flu vaccine clinics will be held on a walk-in basis at the InHealth Clinic.



Flu vaccines are standard quadrivalent. Bring your insurance card or SASD employee ID badge to your appointment.

SASD Employees (All employees)

Every staff member can get a free flu vaccine whether you are on the SASD health plan or not.

Spouses and Dependents

(Ages 3+) Those insured on the SASD health plan are eligible for a free flu vaccine.

Health plan employees and spouses will earn 50 points for receiving a flu vaccine. If vaccine is administered by October 31, 2018, employees and spouses will have the option of applying points for the 2017-2018 or 2018-2019 program year. The vaccination schedule is on the SASD website at <https://is.gd/QJKj7t>

