

2022 - 2023
Wellness
Program
Summary

Sheboygan Area School District





SHEBOYGAN AREA

— SCHOOL DISTRICT —

Take an active role in your health and experience the benefits of wellness!

Employees and plan member spouses are encouraged to participate in the Wellness Program sponsored by Sheboygan Area School District (SASD). Participants have the opportunity to earn a discount on their health insurance premium cost share by visiting their primary care provider and participating in wellness activities.

Each participant has a secure login for the Healics website that can be used to access online tools. This website site is called the MyHealics Dashboard.

GETTING STARTED

- 1** Go to www.MyHealics.com. Enter your participant login information to access your MyHealics Dashboard.
- 2** Click *Rewards* at the top of the page to log your Wellness Activities completed between November 1, 2022 through October 31, 2023.

PARTICIPANT LOGIN INFORMATION

PARTICIPANT ID:
Employee ID #
(remove any leading zeros)

SPOUSE ID:
Employee's ID # followed by
an S for spouse

PASSWORD:
wellness
(unless previously changed)

COMPANY ID:
SASD

Incentive Requirements

In order to be eligible for any discount on the health insurance premium cost share, participants must complete an annual physical and engage in wellness activities. Please see below for details.

WELLNESS ACTIVITY TRACKING - DEADLINE: OCTOBER 31, 2023

You can report your participation in approved wellness activities throughout the program by logging your activities online using the Rewards Tracking Program on your MyHealics Dashboard. Simply click on *Rewards* at the top of your dashboard to begin logging your activity entries.

Your health plan is committed to helping you achieve your best health status. Rewards for participating in a Wellness Program are available to all 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 incentive by different means. Contact Healics at 800-432-5427 and we will work with you (and, if you wish, with your physician) to find a wellness program with the same incentive that is right for you in light of your current health status.

We protect your privacy. Your information is confidential. Healics, formerly Interra Health, is a healthcare company independent of your employer. Information obtained by Healics during the Wellness Program is the property of Healics and cannot be viewed by others without your written permission, unless permitted by law.

Program Rewards

In order to be eligible for program rewards, participants must complete an annual physical and engage in wellness activities.

REWARD LEVEL	ACTIVITY ACHIEVED	2023 PREMIUM SHARE INCENTIVE*
None	District Health Insurance Premium Share	23%
Level 1	BOTH Employee AND Spouse complete an annual physical exam	15.6%
Level 2	BOTH Employee AND Spouse complete an annual physical exam and EITHER employee or spouse earn 40 wellness points	14%
Level 3	BOTH Employee AND Spouse complete an annual physical exam and BOTH employee and spouse earn 40 wellness points	12%

***BOTH EMPLOYEE & SPOUSE MUST ACHIEVE LEVEL 1, 2, OR 3 TO QUALIFY FOR ANY PREMIUM DISCOUNT.**

Please note, the percentages above are estimates. See page 5 for a detailed breakdown of the 2023 premium rates including monthly and annual costs.

2023 Premium Rates

Sheboygan Area School District 2023 Premium Rates

Medical

Monthly Costs	Total Premium	Employee Portion 23%	Employee Portion with Completed HRA* and Bioscreen	Employee Portion with Completed HRA* and Bioscreen	Employee Portion with Completed HRA* and Bioscreen
			By Both Employee and Spouse 15.6%	By Both Employee and Spouse 125+ Wellness Points Each 14%	By Both Employee and Spouse 125+ Wellness Points Each 12%
Single	\$782.04	\$179.87	\$122.00	NA	\$93.84
Limited Family	\$1,758.63	\$404.48	\$274.35	\$246.21	\$211.04
Family	\$2,497.84	\$574.50	\$389.66	\$349.70	\$299.74
Annual Costs					
Single	\$9,384.48	\$2,158.43	\$1,463.98	NA	\$1,126.14
Limited Family	\$21,103.56	\$4,853.82	\$3,292.16	\$2,954.50	\$2,532.43
Family	\$29,974.08	\$6,894.04	\$4,675.96	\$4,196.37	\$3,596.89

*The Health Risk Assessment (HRA) and Bioscreen Waived for This Year

SASD will apply a \$75 monthly surcharge to your medical insurance premium if your spouse elects not to take insurance available through their employer but instead chooses to enroll in SASD's medical plan.

Dental

Monthly Costs	Total Premium	Employee Portion 10%
Single	\$48.24	\$4.82
Limited Family	\$109.00	\$10.90
Family	\$162.46	\$16.25
Annual Costs		
Single	\$578.88	\$57.89
Limited Family	\$1,308.00	\$130.80
Family	\$1,949.52	\$194.95

Voluntary Vision Plan

Monthly Costs	Total Premium (Employee Paid)
Single	\$7.73
Limited Family	\$15.45
Family	\$20.46
Annual Costs	
Single	\$92.76
Limited Family	\$185.40
Family	\$245.52

Approved Wellness Activities

Earn points toward your program rewards! The list of Approved Wellness Activities on the following page has been identified for your Wellness Program. You can earn points by participating in these activities, as long as they have been completed during the program year November 1, 2022 - October 31, 2023.

Participants will directly add their information for a variety of activities. You will no longer need to upload, fax, or email back-up documentation.

Please note, if you are selected for a random audit, you will simply need to provide backup documentation for the logged activities. Please refer to the [Logging Points page at the end of this program summary on how to log your wellness activities.](#)

For any preventative care activities such as an annual physical, flu shot, or dental cleaning, you will need the name of your health care provider, the office address and telephone number as well as the date of service. Physicals and flu shots conducted at the Sheboygan County InHealth Clinic will continue to be added with no additional documentation required.

If there is not a "+" icon next to the wellness activity, it is not available for independent logging. For example, health coaching points will be added by the Health Coach. Points for online challenges and newsletter quizzes will be added automatically after successful completion.

Participation in SASD sponsored events and challenges without a "+" icon will be entered by Healics on your behalf..

Approved Wellness Activities

REQUIRED	POINTS
Annual Physical	
PREVENTATIVE	
Flu/COVID/Shingrix Vaccinations (max 6 points)	2
Dental Exam & Cleaning (max 10 points)	5
Skin Screening	5
Vision Exam	5
Age/Gender Appropriate Screenings	20
PHYSICAL ACTIVITY	
Exercise Logs (max 12 points)	1
Personal Training (max 5 points)	1
Publicly Sponsored Fitness Events - Run, Walk, Bike (max 2 points)	1/event
LIFESTYLE	
Tobacco Attestation	5
Nicotine Cessation Program with Clinic Health Coach	10/completed program
Weight Loss/Management Program	5
Health Coaching (max 5 points)	1
EAP Visit (max 3 points)	1
Registered Dietitian Appointment (max 5 points)	1
CULTURE	
Back-to-School Bash Event	2
Back-to-School Bash Speakers (max 3 points)	1/speaker
SASD Sponsored Financial Wellness Planning (max 2 points)	1/event
Early Bird	2

Continued on next page

Approved Wellness Activities

ACTIVITY	POINTS
SASD Summer Challenge	3
Monthly Newsletter Quiz (max 5 points)	1/quiz
Monthly MyHealics Challenges (max 5 points)	1/challenge
Stress Relief/Self Care	1
Complete Advance Directives/Living Will (max lifetime 5 points)	5
Blood or Plasma Donation (max 2 points)	1
Lunch and Learns (max 3 points)	1

Logging Points

INDEPENDENT POINT LOGGING

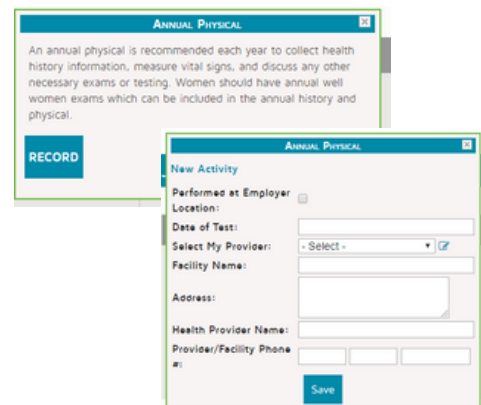
In addition to completing your annual physical, you can earn points toward your incentive by completing and logging a variety of approved wellness activities.

Simply log your activity using your secure MyHealics Dashboard as you participate throughout the program year, November 1, 2022 - October 31, 2023.

INDEPENDENT POINTS LOGGING MEANS YOU DO NOT NEED TO SUBMIT VERIFICATION OF SELECT ACTIVITIES TO EARN POINTS.

DIRECTIONS:

1. To submit a wellness activity, simply log in to your secure MyHealics Dashboard and click *Rewards* or *Track Progress*.
2. Locate the desired wellness activity and click the blue "+" icon, which is found to the right of the activity. If there is no blue "+" icon, the activity is not approved for independent logging.
3. Click the Record button and complete the requested information.



The image shows two overlapping screenshots from the MyHealics dashboard. The top screenshot is titled 'ANNUAL PHYSICAL' and contains a paragraph of text: 'An annual physical is recommended each year to collect health history information, measure vital signs, and discuss any other necessary exams or testing. Women should have annual well women exams which can be included in the annual history and physical.' Below this text is a blue 'RECORD' button. The bottom screenshot is titled 'ANNUAL PHYSICAL' and shows a 'New Activity' form. The form includes a checkbox for 'Performed at Employer', a 'Location:' field, a 'Date of Test:' field, a 'Select My Provider:' dropdown menu with a checkmark, a 'Facility Name:' field, an 'Address:' field, a 'Health Provider Name:' field, and a 'Provider/Facility Phone #' field with two input boxes. A blue 'Save' button is at the bottom right of the form.

MYHEALICS APP

You can also log your points on-the-go with the MyHealics App. From the home screen, click the options icon on the top right, and then click *Rewards* to begin recording your wellness activities.



Don't have the app yet? Download it now to:

- Schedule Appointments
- Complete your Health Assessment
- Enter Points
- Track Reward Status
- View Reports