

Wellness Program Resources

Health	Available to Employees and Spouses	SASD Insurance Required	Free of Charge
Employee Assistance Program (EAP)*	X		X
Nutrition Coaching with a Registered Dietitian*	X		X
Health Care and Lab Work at the InHealth Clinic*	X	X	X
Chiropractic Care at the InHealth Clinic (\$10 charge)*	X	X	
Physical Therapy at ATI Physical Therapy*	X	X	X
Nicotine Cessation Program+	X	X	X
Weight Loss/Management Program+	X	X	X
Telephonic Health Coaching+	X	X	X

*<https://www.sheboygan.k12.wi.us/staff-wellness/where-to-get-care>

+<https://www.wellworksforyoulogin.com/>

Educational	Available to Employees and Spouses	SASD Insurance Required	Free of Charge
Wellness Presentations	X		X
Back to School Bash	X		X
SASD Wellness Newsletters**	X		X

**<https://www.sheboygan.k12.wi.us/staff-wellness/staff-wellness-program-details>

Fitness**	Available to Employees and Spouses	SASD Insurance Required	Free of Charge
Gym Membership Reimbursement (\$40)	X		
Discount on Featured Fitness Class	X		
Recreation Department Reimbursement Voucher	X		

**<https://www.sheboygan.k12.wi.us/staff-wellness/staff-wellness-program-details>