

2026 WELLNESS GUIDE

LUBBOCK ISD AND IAWELLNESS ARE EXCITED TO CONTINUE TO OFFER EMPLOYEES ON THE MEDICAL PLAN THE OPPORTUNITY TO INCREASE THEIR HEALTH AWARENESS AND EARN A DISCOUNTED RATE ON THEIR HEALTH INSURANCE EACH MONTH. COMPLETE THE STEPS BELOW TO EARN A DISCOUNT ON YOUR HEALTH INSURANCE PREMIUMS!

1

VIEW THE 2026 WELLNESS VIDEO

Deadline: November 15, 2026

Go to lubbockisdwellness.wellright.com and click the "2026 Wellness Video" box at the top of your page to watch the video and learn more details about the program and the resources available to you!

2

COMPLETE A HEALTH RISK ASSESSMENT

Deadline: November 15, 2026

Go to lubbockisdwellness.wellright.com and click the "Health Risk Assessment" box located at the top of your page. The HRA takes 15-20 minutes to complete. You may complete it in more than one session if needed.

3

COMPLETE A 2026 WELLNESS SCREENING

Deadline: November 15, 2026

Screenings provide important information for early detection and prevention of disease. The screenings will include comprehensive lab results and measurements. Watch for scheduling information in the summer of 2026.

4

EARN 500 POINTS

Deadline: November 15, 2026

Stay engaged with your wellness program all year long by earning points. See the back page for the many ways to earn points.

Remember, you must earn a TOTAL of 500 points as a requirement for the monthly discount.

5

MAKE IMPROVEMENTS

Deadline: November 15, 2026

After your 2026 screening, you can login to your wellness account to see if you made improvements on your risk factors, or if this is your first screening what you may have out of the optimal range. Any value that you did not improve or is out of the optimal range will have the corresponding Alternative Course available in your section. Please complete ALL remaining courses.

Wellness Website:
lubbockisdwellness.wellright.com

*If asked for a company code while accessing the app, please enter: lubbockisdwellness

**QUESTIONS
PLEASE CONTACT**



806.765.7265
info@iawellness.com

FREE RESOURCES

COACHING

You have **FREE** access to a Nutritionist, Exercise Specialist, and Licensed Nurses through the Lubbock ISD wellness program.

COACHING INCLUDES:

- Nutrition Counseling
- Accountability and Encouragement
- Healthy Lifestyle Tips
- Exercise Advice

SIMPLY DIAL 806.765.7265 OR 877.765.7265 TO SCHEDULE A CALL

DIABETES OR HIGH BLOOD PRESSURE

Any Lubbock ISD Health Plan Member that has been diagnosed with Diabetes or High Blood Pressure has access to Livongo and FREE benefits including: glucometers, test strips & refills, lancets, an advanced blood pressure monitor, one-on-one coaching, and 24/7 online support. Lubbock ISD offers an additional diabetes management reimbursement program available to employees, spouses, and dependents. Please contact Risk Management at 806-219-0280 for program details and guidelines.

POINTS LIST

25 POINTS

- ▶ Exercise Tracking Device/App
- ▶ Wellness Event or Fair

50 POINTS

- ▶ Join an Organized Sport
- ▶ Dental Exam (2 per year)
- ▶ Eye Exam
- ▶ Annual Pap/PSA Exam
- ▶ Weight Management Program
- ▶ 1 Hr. Community Service

100 POINTS

- ▶ Quarterly Educations*
- ▶ Quarterly Challenges*
- ▶ Colonoscopy
- ▶ 5K, 10K, Community Race
- ▶ Health Risk Assessment (HRA)*
- ▶ 2026 Wellness Screening*

- ▶ Safety/ First Aid Course
- ▶ Each Core Measurement in the optimal range*

- ▶ Cancer Screening
- ▶ Vaccines (flu, covid, etc.)
- ▶ Mammogram
- ▶ 10 Workouts/month (1 per quarter)
- ▶ Blood Pressure Check (1 per quarter)
- ▶ Wellness Event or Fair

125 POINTS

- ▶ 1 Coaching Session with an iaWellness Coach*

*These points are recorded by iaWellness

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