

WELLNESS PROGRAM

GO! FIT! WIN! WELLNESS!

Lubbock ISD has collaborated with iaWellness to offer new Lubbock ISD employees the opportunity to participate in wellness. Participating in a wellness program as a **new** employee (and ongoing each year) not only helps your health and wellness, but by completing the required activities through the iaWellness program and portal annually, you may receive a discount on your monthly premium contributions up to \$75.00 a month.

HIRED OR NEW TO THE PLAN BETWEEN OCTOBER 1 - DECEMBER 31, 2023?

PLEASE COMPLETE THE STEPS BELOW



STEP 1: REGISTER YOUR PERSONAL WELLNESS ACCOUNT (WITHIN 30 DAYS OF YOUR HIRE or BENEFIT START DATE)

- Watch for a registration email approximately 5-7 business days after you complete your medical plan benefits enrollment
- The email will come from noreply@wellright.com

STEP 2: COMPLETE THE HEALTH RISK ASSESSMENT (WITHIN 30 DAYS OF YOUR HIRE or BENEFIT START DATE)

- Login to your account
- Click "Assessment & Lab Results" located at the top of your page
- Choose "Questions" and complete the assessment
- The assessment takes 15-20 minutes to complete and you may complete it in more than one session if needed

HIRED OR NEW TO THE PLAN ON JANUARY 1, 2024 or AFTER?

PLEASE COMPLETE THE STEPS BELOW

STEP 1: REGISTER YOUR PERSONAL WELLNESS ACCOUNT (WITHIN 30 DAYS OF YOUR HIRE or BENEFIT START DATE)

- Watch for a registration email approximately 5-7 business days after you complete your medical plan benefits enrollment
- The email will come from noreply@wellright.com



STEP 2: COMPLETE THE HEALTH RISK ASSESSMENT (WITHIN 30 DAYS OF YOUR HIRE or BENEFIT START DATE)

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STEP 3: EARN 500 WELLNESS POINTS

- There are many ways to earn your wellness points. Depending on your benefit start date you may receive prorated points
- Once you are logged in to your portal scroll through the sections to view the points opportunities. Simply click on a tile and record the date of the activity or participate in the quarterly educations and challenges

STEP 4: COMPLETE A WELLNESS SCREENING IN 2024 (DEADLINE: NOVEMBER 15, 2024)

- Information and scheduling for 2024 on-site Wellness Screenings provided by LISD at no charge to you will be available in Spring/Summer of 2024. Watch for details!
- You may also choose to have your personal physician complete your annual wellness screening. The form for them to complete is located in your wellness portal. Once it is completed, please upload the form by clicking on the "Submit Your PCP Form" tile

