



LubbockISD
Go! Fit! Win! Wellness

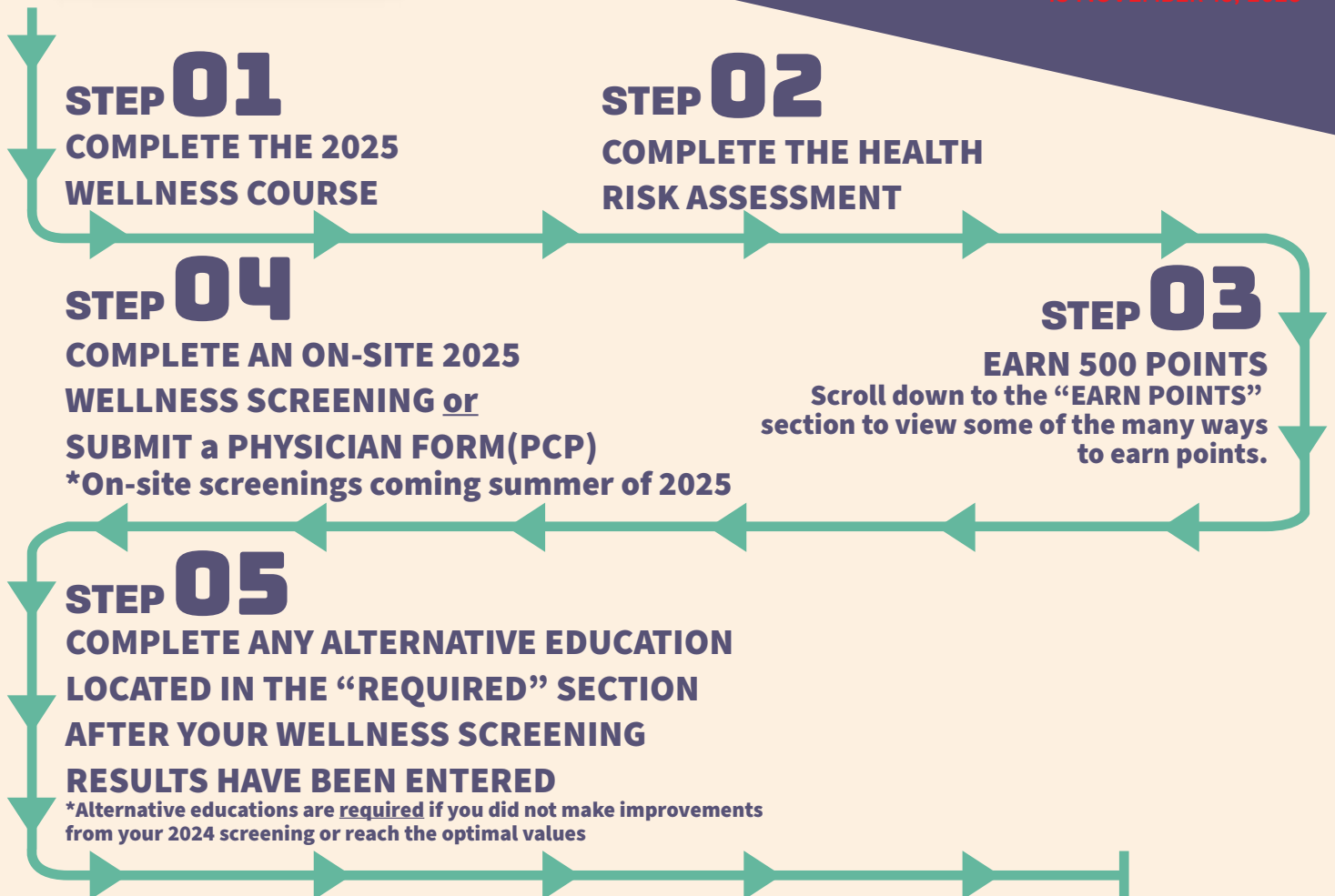
**FOLLOW THE
STEPS BELOW TO
EARN WELLNESS
CREDITS/SAVINGS
ANNUALLY!**

2025 WELLNESS GUIDE

**REQUIRED TO EARN THE MEDICAL
PLAN PREMIUM DISCOUNT**

ALL REQUIREMENTS CAN BE COMPLETED AT
LUBBOCKISDWELLNESS.WELLRIGHT.COM. LOGIN
AND SCROLL DOWN TO THE "REQUIRED" SECTION.

***DEADLINE FOR ALL REQUIREMENTS
IS NOVEMBER 15, 2025**



WELLNESS WEBSITE

lubbockisdwellness.wellright.com

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

QUESTIONS PLEASE CONTACT



806.765.7265

info@iawellness.com

FREE RESOURCES

FREE WELLNESS COACHING

Do you have questions about your current health status or goals? Call an iaWellness coach! We are eager to help you with nutrition, exercise or managing a chronic condition such as high blood pressure, diabetes or heart disease. SIMPLY DIAL 806.765.7265 OR 877.765.7265 TO SCHEDULE A CALL

CHALLENGES AND EDUCATIONS

Educations and Challenges will be available year-round and on demand! There will be a University library with over 300 educations available to be “healthy by choice”. Topics cover your emotional, physical, social, occupational, and financial health.

DIABETES MANAGEMENT WITH



Any Lubbock ISD Health Plan Member that has been diagnosed with diabetes has access to Livongo and FREE benefits including:

- Glucometers
- Lancets
- Test Strips and Refills
- 24/7 Online Support

Join Now! Go to: join.livongo.com/LUBBOCKISD

LIVING BETTER WITH DIABETES PROGRAM

Lubbock ISD is excited to offer a diabetes management reimbursement program available to employees, spouses, and dependents. Please contact Miranda at 806-219-0280 for program details and guidelines.



POINTS

*These points are recorded by iaWellness

25 POINTS

- Dental Exam x2
- Community Walk
- 1 hr. Community Service
- Each Core Measurement in the Optimal Range*
- Exercise/Yoga/Gym/Home Workout/Aerobics Class (5 per month, may record once per month)
- Eye Exam
- Exercise Tracking Device/ App
- Weight Management Program
- No Texting & Driving Pledge

50 POINTS

- Pap/ Annual Well Woman Exam
- Wellness Event or Fair
- Covid Vaccines/ Boosters
- PSA/ Prostate Exams
- Cancer Screening
- Mammogram
- Flu Shot

100 POINTS

- Quarterly Educations*
- Colonoscopy

125 POINTS

- 1 Coaching Session with an iaWellness Lifestyle or Disease Management Coach*

Your wellness plan is designed to help you achieve your best health. Rewards for participating in a wellness program are available to all eligible 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 reward by different means. Contact iaWellness at 806-765-7265 and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.