



# Your 2024 wellness incentive program with Everside Health

As a valued member of Seymour Community Schools, your health is our priority, and we are by your side to support you throughout your entire journey towards better health. Here is what you need to know about your wellness incentive programs starting January 2024!

## 1. Complete your annual health assessment between January 1, 2024 - December 31, 2024

The comprehensive wellness visit at your Everside health center will provide a tailored lifestyle plan to help you achieve your personal health goals. There is **NO cost** for this visit. It includes:

- Detailed biometric review
- Behavioral health assessments
- Development of a personalized lifestyle plan
- Encouragement & motivation
- Healthy lifestyle coaching
- Continual support and guidance

## 2. Review your results using the chart below

By completing your comprehensive wellness visit by December 31, 2024, you will earn a **\$100 payroll credit**. You are also eligible to earn up to an additional **\$150** based on your biometric results. If your biometric results are in a healthy or moderate range, you will automatically earn the dollar amount shown below for each biometric category in a healthy or moderate range.

	High Risk	Moderate Risk	Healthy Range	Wellness Reward <small>For results in healthy or moderate range</small>	Results
<b>BMI</b>	30 or greater	25-29.9	24.9 or less	<b>\$50</b>	
<b>Blood pressure</b>	Systolic 140 or greater and/or diastolic 90 or greater	Systolic 120-139 and/or diastolic 80-89	Systolic 119 or less and diastolic 79 or less	<b>\$50</b>	
<b>No previous diagnosis of diabetes</b>	Confirm - no diagnosis If $\geq 120 + F/U$ A1c $\geq 6.5$	n/a	If less than 120 or A1c less than 6.5	<b>\$50</b>	
<b>or</b>					
<b>Diagnosis of diabetes</b>	A1c $\geq 7.5$	n/a	A1c less than 7.5		

## What happens if your numbers are in the high risk range?

You can still earn your wellness reward by making health improvements by December 31, 2024. If you improve your BMI, blood pressure, or glucose, call to schedule a follow-up coaching appointment to review your results with your provider. Members and spouses on the health plan are eligible to earn the wellness reward. All follow-up visits must be completed by December 31, 2024.

## Improvements to earn wellness reward

**BMI** | Reduce weight by 5%

**Blood Pressure** | Improve risk category

**No previous diagnosis of diabetes** | A1c – achieve a1c less than 6.5%

**Diagnosis of diabetes** | A1c – achieve a1c to less than 7.5% or reduce a1c by 0.5%

Still have questions? Call **812-522-5730** or visit [eversidehealth.com/seymourcommunityschools](https://eversidehealth.com/seymourcommunityschools)

