

# Exciting improvements to your wellness program!



As a valued employee at Seymour Community Schools, your health is our priority and we are by your side to support you throughout your entire journey towards better health. With the introduction of Everside Health, there are some exciting enhancements coming to your wellness incentive program. Here is what you need to know!

## 1. Complete your comprehensive wellness visit between October 1, 2021 - December 31, 2022:

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 and includes:

- Detailed biometric review
- Healthy lifestyle coaching
- Health profile assessment & review
- Provide encouragement & motivation
- Develop personalized lifestyle plan
- Continual support & guidance
- Behavioral health assessments

## 2. Review your results using the chart below.

The goal of the wellness program is to have all categories in the healthy range. Count the number of high risk results to determine the number of follow-up coaching visits needed.

	High risk	Moderate risk	Healthy range	Results	Risk levels
<b>Systolic blood pressure</b>	140 or greater	120 – 139	119 or less		
<b>Diastolic blood pressure</b>	90 or greater	80 – 89	79 or less		
<b>BMI</b>	30 or greater	25 – 29.9	24.9 or less		
<b>Nicotine (self-reported)</b>	Current user	n/a	Non-nicotine user		
<b>Fasting blood glucose or A1C</b>	126 or greater/ 6.5 or greater	100 – 125/ 5.7 – 6.4	99 or less/5.6 or less		

**0 – 1 high risk**, attend one follow-up healthy lifestyle coaching visit. **2 – 4 high risk**, attend two follow-up healthy lifestyle coaching visits. By completing your comprehensive wellness visit by December 31, 2022, you will earn **\$100** payroll credit. You are also eligible to earn an additional **\$150** by completing the follow-up healthy lifestyle coaching visits based on your biometric results. All coaching visits must be completed by December 31, 2022.

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

