

Monett R-I

Employee Wellness Program

2019 - 2020 School Year

Currently, the Monett R-I School District pays \$475 toward all full-time employees' health insurance premiums. This year the Board agreed to pay an additional premium in 2020 - 2021 if staff participated in any of the tiered wellness programs below. That additional monthly premium will range from \$30 to \$60 monthly, or \$360 to \$720 a year.

How it works

- ✓ The 2018-2019 employee wellness program runs from July 1, 2019 through April 17, 2020 at 3:00 pm.
- ✓ Choose Tier:
 - Tier 1 – \$30/month, \$360 a year
 - Tier 2 – \$60/month, \$720 a year

Who is Eligible?

All Monett R-1 School District employees electing to utilize board paid health insurance for the **2019-20 school year**.

There will be no benefit provided for employees that do not return to the Monett R-1 School District for the 2019-2020 school year and/or choose not to be included in a district provided health insurance plan.

Tier 1 Criteria:

1. Enroll in the **MyCigna, MotivateMe** Incentive Awards, completing both the health assessment (*road map*) and biometric screening (*blood draw*) within MyCigna.
 - a. See attached documents.
 - i. 2019 MotivateMe Goals Flyer (*below*)
 - ii. 7.1.19 MotivateMe Brochure - MEUHP (*below*)
2. Employees who are eligible and participate in and complete both the assessment and screening will earn an extra \$30 per month (*Total of \$360*) to use towards their health insurance premium during the 2020 - 2021 school year.

Tier 2 Criteria:

1. Enroll in the Wellness Program via the Cox Portal during the month of July 2019.
2. Accumulate a minimum of 500 points during the upcoming school year (*July 1, 2019 through April 17, 2020*) from the wellness activities listed within the portal (*"Healthy Habits" tab*).
3. Documentation required for activities below.
 - a. Biometric screenings (*blood draw*) - if done outside of district health fair (*October 28, 2019*)
 - b. Physical Examination or PCP
 - c. Flu shot - if done outside of district health fair
 - d. Gym membership - proof each semester, 50 points per semester with proof of membership
 - e. Curves/CrossFit Punch Cards - cards must be turned into Alex with employee name once punches are complete (*limit one punch card per quarter, 4 total - 25 points each*)
4. Employees who are eligible and participate in and complete the 500 points within the Cox Portal will earn an extra \$60 per month (*Total of \$720*) to use towards their health insurance premium during the 2020 - 2021 school year.

If you believe that your participation in the program would be (1) unreasonably difficult due to a medical condition or (2) medically inadvisable to satisfy the criteria above, please contact the Superintendent. The District offers a reasonable alternative or the possibility of wavier to such individuals. Written confirmation by a Missouri licensed health care provider will be required in order for the District to determine and implement a reasonable alternative or wavier.