



Wellness Program 2024-2025

- Wellness Program for all FSD145 FEA members. Any full-time FSD145 FEA member may participate in the 2024/2025 Wellness Program. The member does NOT need to be enrolled in our BCBSIL healthcare coverage in order to participate.

- FSD145 FEA Contract 2023 –2028

Article IV—Salary and Fringe Benefits

D. Insurance

1. Group hospital and major medical insurance

d. Each teacher who annually participates fully in the District Wellness plan, will receive a 5% increase in the Board premium contribution established above in subparagraph “b”. (Reference your full contract for more information.)

- “Participates Fully” - Criteria: Complete the program year with a minimum of 1500 points by May 31st. Although there is no minimum monthly point earning requirement, participants are highly encouraged to try to earn at least 100 participation points monthly.
- Reward Option: Participants must choose between: Wellness Program gift card reward or the healthcare insurance benefit as stated above.

* If the participant does not qualify for the 5% benefit they are still eligible for a gift card reward based on the number of points they have earned within the program year.

Watch your emails closely for information from health@fsd145.org. All Wellness Program information will come to you from that email address.

Questions? Reach out to Michelle Keister or your Building Wellness Champion.