



2020/2021

## Frequently Asked Questions!

### How do I turn in my points?

Complete a Documentation Cover Page aka Monthly Wellness Participation Checklist. Send it along with all appropriate documentation to [health@fsd145.org](mailto:health@fsd145.org) or use our new Google form. <https://forms.gle/6zNbgr7NMuugJV956>

Electronic submissions are preferred, but paper documentation may be sent in a tote to Michelle Keister at Central Office as long as a copy of the checklist accompanies it.

### May I count my gym time as my class time?

Each category on the checklist should be seen as a separate achievement. Example: If your class is held at the gym you either choose which category you are submitting your points for or spend extra time at the gym outside of your class time. No double/triple dipping. It could be assumed if you are at the gym, in a class, you are getting at least 30 minutes of good exercise. You may not count all for that one visit. "To get credit in all areas is a lot of time/days in the month!" Yes, it can be, but the payoff is well worth the effort both in overall wellness and with the reward earned.

### Do I qualify for the points?

We have two plans again this year. The Wellness Program with points is available to any employee covered under our FSD145 healthcare plan through NIHP (Gold, Silver or Bronze). This group is also offered the monthly challenges and can earn monthly challenge points. Those not covered by NIHP are eligible **only** for the monthly challenges. The beginning of the year invitation was different for each group. The monthly challenge flyers are also different for each group. "I'm enrolled in just dental and vision through NIHP? Which group am I in?" This person would fall under the monthly challenge only program.

### Even though I don't earn points may I still attend the wellness seminars?

All employees are welcome to attend the seminars/wellness fair. All are eligible for any drawing that takes place at that seminar, but no points are awarded.

\* Biometric screenings (once scheduled) will be offered **only** for those employees covered by FSD145 healthcare through NIHP this year. Updates will be sent as soon as schedules are finalized.