

Employees who participate in the District Health Insurance: To continue to receive the Premium Discount, you must complete the required activities. Both activities in Box A are required. In addition you must participate in 2 activities from box B or 1 from Box B and 1 from Box C.

**Box A** (Both are required)

UHC Rally Health Risk Assessment – Complete on your own

Biometric Screening – being offered at each building



**Box B – District Sponsored Events**

- \*Financial Wellness
- \*Nutrition
- \*Yoga
- \*Fitness Classes
- \*Mindfulness
- Spring Poker Run/Walk
- January 12 Indoor walk at each school

**Box C – Independent Activities**

- Real Appeal (UHC Program)
- Fitness center attendance\*\*
- 10 Work Outs in 4 weeks\*\*
- 3 Rally Missions
- UHC Coaching Program

\*\* Some activities in Box C will require documentation/proof – more info to come.

\*Attend one (1) class