INCENTIVE PLAN 2016•2017

ELIGIBILITY:

- **Employees and spouses on the District's health insurance plan**
- ***Register at* http://tinyurl.com/3wfynso by August 15, 2016. Program limited to the first 800 eligible participants. Please print the confirmation e-mail and bring it with you to the blood draw.**

INCENTIVE PLAN #1

August 1 – October 21, 2016

Requirements:

- Blood draw for completion of Health Assessment
- **Completion of online Health Assessment** *Deadline October 21, 2016*
- **View Wellness Incentive Plan training on the SafeSchools website— https://laramie1-wy.safeschools.com/login under the Extra Trainings tab**

Benefit paid out Nov. 30, 2016 paycheck

$100 Benefit

INCENTIVE PLAN #2

November 21, 2016 – April 28, 2017

Requirements:

- **Complete Incentive Plan #1**
- **Accrue 150 points by April 28, 2017**
  1. *Complete the exercise and tobacco components (worth 100–125 points)*
  2. *Choose additional activities (worth 25–50 points)*

Benefit paid out in May 31, 2017 paycheck

$100 Benefit

wellness
LARAMIE COUNTY SCHOOL DISTRICT 1

LYNN FOX, MS, CHES
Wellness Coordinator
Laramie County School District #1
2810 House Ave
Cheyenne, WY 82001
(307) 771-2373 ext. 10249
http://employee-wellness.www.laramie1.org/

BLOOD DRAWS

FALL 2016

AUGUST

Wyoming Health Fairs	*Tue., Wed. & Thursdays*	7–10 a.m.	*611 E. Carlson, Ste 112*
LCSD1 Admin Bldg	*Tuesday, Aug. 16*	6:30–8 a.m.	*Auditorium Stage*
Bus Garage	*Thursday, Aug. 18*	6–7 a.m.	*Training Room*
Wyoming Health Fairs	*Saturday, Aug. 20*	7–10 a.m.	*611 E. Carlson, Ste 112*

SEPTEMBER

Wyoming Health Fairs	*Tue., Wed. & Thursdays*	7–10 a.m.	*611 E. Carlson, Ste 112*
LCSD1 Admin Bldg	*Friday, Sept. 2 & Sept. 9*	7–9 a.m.	*Storey Gym Boardroom*
East HS	*Friday, Sept. 16*	6:30–9 a.m.	*Gym*
Wyoming Health Fairs	*Saturday, Sept. 17*	7–10 a.m.	*611 E. Carlson, Ste 112*
South HS	*Wednesday, Sept. 21*	6:30–9 a.m.	*Auditorium Stage*
Central HS	*Friday, Sept. 23*	6:30–9 a.m.	*Auditorium*
Johnson JH	*Thursday, Sept. 29*	6:30–9 a.m.	*Room 50*
Carey JH	*Friday, Sept. 30*	6:30–9 a.m.	*Office*

OCTOBER

Wyoming Health Fairs	*Tue., Wed. & Thursdays*	7–10 a.m.	*611 E. Carlson, Ste 112*
Pioneer Park	*Thursday, Oct. 6*	7–9 a.m.	*Stage in Gym*
McCormick JH	*Thursday, Oct. 13*	6:30–9 a.m.	*Location TBA*
Wyoming Health Fairs	*Saturday, Oct. 15*	7–10 a.m.	*611 E. Carlson, Ste 112*

PLEASE BRING BLUE CROSS BLUE SHIELD CARD FOR REIMBURSEMENT.
Blue Cross Blue Shield will reimburse up to $28 of the $35 cost of one blood chemistry panel per year.

Open Blood Draw

Wyoming Health Fairs Office—611 East Carlson, Ste. 112

Saturday in August	*20*	7–10 a.m.	LCSD1 Employees & Spouses ONLY
Saturday in September	*17*	7–10 a.m.	LCSD1 Employees & Spouses ONLY
Saturday in October	15	7–10 a.m.	LCSD1 Employees & Spouses ONLY
Tues., Wed. and Thurs.	*Aug. 4–Oct. 15*	7–10 a.m.	Open to community members

You may go to the Wyoming Health Fairs Office any Tuesday, Wednesday or Thursday from 7–10 a.m. during the campaign period.
****You must tell Wyoming Health Fairs that you are a LCSD1 employee and want to participate in the Health Assessment.*

PLEASE BRING BLUE CROSS BLUE SHIELD CARD FOR REIMBURSEMENT

wellness
LARAMIE COUNTY SCHOOL DISTRICT 1

EMPLOYEE-WELLNESS.WWW.LARAMIE1.ORG

WHF™
Wyoming Health Fairs / Wellness Health Fairs
A Path to a Healthier You. . .

WYOMINGHEALTHFAIRS.COM