

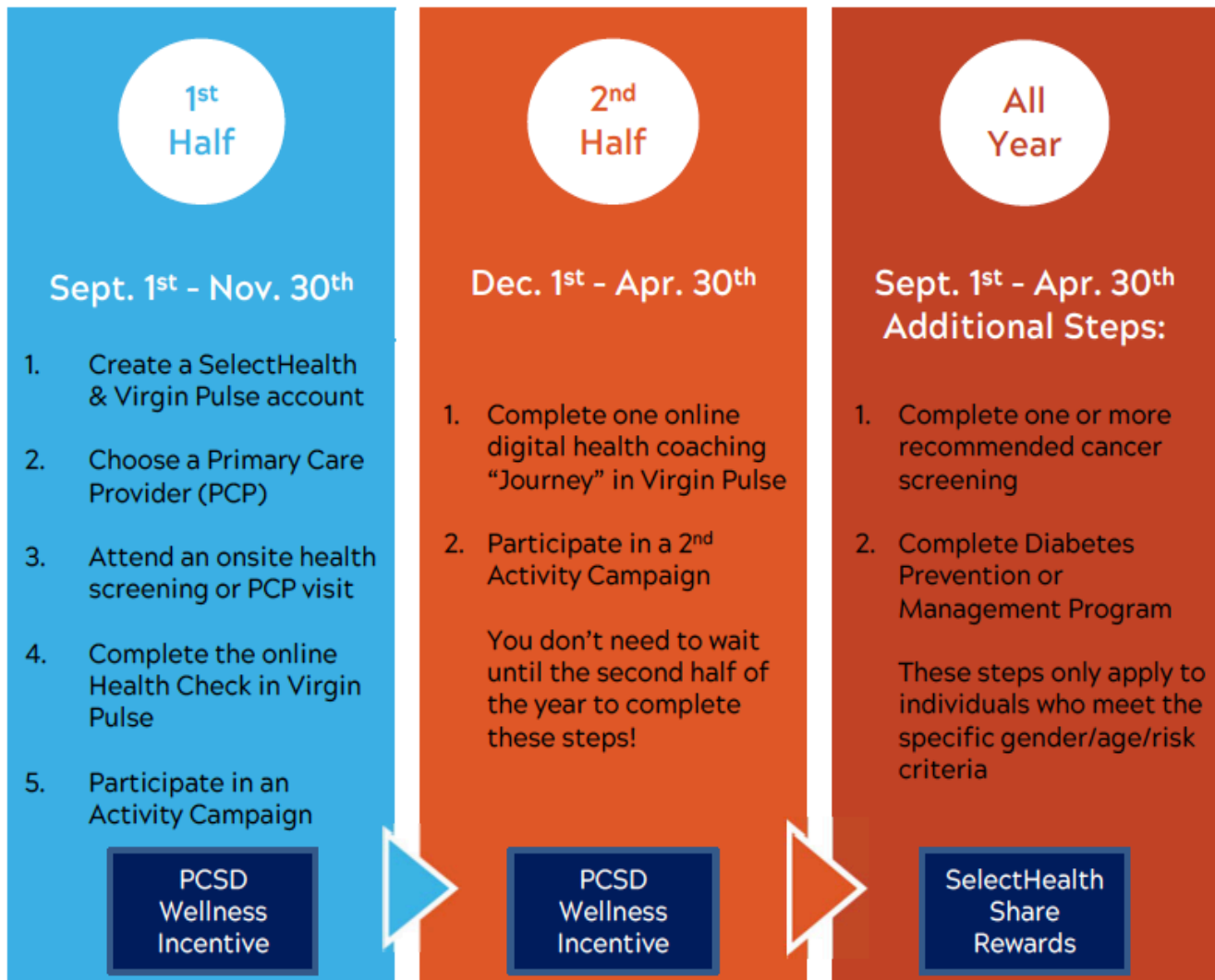


Wellness

Provo City School District

Provo City School District's Wellness Program strives to educate, support, and empower employees to live a healthy life. Our Wellness program increases employee morale, productivity and improves physical and mental health. We need 70% of our insured employees to complete the Wellness Program tasks to ensure lower rates. Everyone is invited to participate, full-time and part-time employees. Wellness benefits all of us.

We divide our wellness year in half, with each half having tasks you need to complete. If you complete all tasks in the allotted time, you can earn wellness incentives. For employees who are enrolled in medical insurance, you can also earn up to \$300 in insurance premium credits.



If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Please contact Catherine Miner, (801)-370-4655 or Catherinem@provo.edu, and she will work with you to find a wellness alternative with the same reward that is right for you in light of your health status.