

2023 MY REWARDS ACTIVITY GUIDE



ENROLL TODAY!



1. Visit ebms.com and click the green "Login" button in the top right. Once signed into miBenefits, click on the "Health & Wellness" tab, select "miHealth Manager" and explore the wellness portal.
2. Complete the registration process using your full legal first and last name.
3. Select the 'Rewards' tab at the top of the page to enroll.

COMPLETE ACTIVITIES & GET REWARDED

The My Rewards incentive program is offered to all employees enrolled in the School District of Osceola County medical plan and allows participants to complete qualifying wellness activities for points toward prizes. This guide will help you understand how to enroll in the program, provide an overview of each wellness activity and how to earn points upon completion.

To qualify for the 2023/2024 wellness incentive, you will need to earn 100 points by July 31, 2023.

QUESTIONS? CONTACT MARQUEE HEALTH AT MYREWARDS@MYWELLPORTAL.COM OR 800.882.2109



SCHOOL DISTRICT OF OSCEOLA COUNTY WELLNESS ACTIVITIES

AUGUST 1, 2022 – JULY 31, 2023

KNOW YOUR NUMBERS	POINTS EARNED	SUBMISSION
Complete your Health Assessment	25	Self-Verified
Complete your Lab Work	25	Admin Verified
PREVENTIVE CARE/ VACCINATIONS	POINTS EARNED	SUBMISSION
Annual Physical	25	Admin Verified
Annual Flu Shot	20	Admin Verified
Pneumonia Shot	20	Admin Verified
Shingles Shot	20	Admin Verified
Colon Cancer Screening*	20	Admin Verified
Prostate Cancer Screening*	20	Admin Verified
Mammogram Screening*	20	Admin Verified
Well-Woman Exam*	20	Admin Verified
Cervical Cancer Screening*	20	Admin Verified
COVID-19 Vaccine/Booster	20	Admin Verified
HEALTH AND WELL-BEING	5 POINTS EACH/ 25 POINTS MAX	SUBMISSION
Check your Pay Slip	5	Self-Verified
Complete a Fitness Event	5	Self-Verified
Complete Financial Wellness/Retirement Class	5	Self-Verified
Participate in a Recreation or Sports League	5	Self-Verified
Participate in a Wellness Challenge	5	Self-Verified
Join a Fitness Center/ Join	5	Self-Verified
Complete Annual Vision Exam	5	Self-Verified
Complete a Dental Exam	5	Self-Verified
Set up your Orlando Health Virtual Visit Account	5	Self-Verified
Attend a District Sponsored Health Fair	5	Self-Verified
Attend a Wellness Seminar	5	Self-Verified
Tobacco-Free Attestation	5	Self-Verified
Meet with a Dietician	5	Self-Verified
Participate in Healthy Wage Weight Loss Competition	5	Self-Verified
Participate in District Healthy Babies Program	5	Self-Verified
Volunteer in your Community	5	Self-Verified
Attend a work-related seminar or conference	5	Self-Verified
Utilize EAP Services or Complete an EAP Educational Course	5	Self-Verified

PARTICIPANTS MUST EARN 100 POINTS BETWEEN AUGUST 1, 2022 THROUGH JULY 31, 2023 TO EARN THE 2023/2024 WELLNESS INCENTIVE.

KNOW YOUR NUMBERS

COMPLETE YOUR HEALTH ASSESSMENT

To get started, log into your wellness account at ebms.com. Once you've logged into your account, hover over the 'Health Tools' tab and select 'Wellness Assessment'. Select the 'Get Started' button to begin. Upon completion, select the green 'Submit' button to submit your answers and receive your personal health results.

How to Earn Points:

Visit the Rewards page and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately. This activity may be completed one time.

COMPLETE YOUR LAB WORK

Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening. We recommend using the Health Center, which has zero co-pay. In conjunction with our Even Better Benefits theme this year, Quest Diagnostics (Tier 1 Provider) and Lab Corp (Tier 2 Provider) can be utilized as well. **If you complete lab work at another facility, you are required to complete and submit the Wellness Screening Form.**

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your lab work. This activity may be completed one time.

PREVENTATIVE CARE/ VACCINATIONS

ANNUAL PHYSICAL

Visit your primary care provider for a no-cost preventive exam which reinforces good health and address potential and chronic problems.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your annual physical. This activity may be completed one time.

ANNUAL FLU SHOT

Prioritize your general health & prevention by getting your annual flu shot.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your flu shot. This activity may be completed one time.

PNEUMONIA SHOT

Prioritize your general health & prevention by getting your Pneumococcal vaccination.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your pneumonia shot. This activity may be completed one time.

SHINGLES SHOT

Shingles provokes a painful rash with blisters and can be followed by chronic pain, as well as other health related complications. Earn points by getting your shingles shot.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your shingles shot. This activity may be completed one time.

COLON CANCER SCREENING*

Colon Cancer is treatable when detected early. Get tested.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health with 30 days of completing your colon cancer screening. This activity may be completed one time.

PROSTATE CANCER SCREENING*

A prostate screening can be used as a preventive measure to detect changes that lead to prostate cancer.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing prostate cancer screening. This activity may be completed one time.

MAMMOGRAM SCREENING*

Up to 90% of breast cancers are found using mammogram tests. Get tested and earn awards.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your mammogram screening. This activity may be completing one time.

WELL-WOMAN EXAM*

A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your well-woman exam. This activity may be completed one time.

CERVICAL CANCER SCREENING*

Pap and HPV tests can be used as a preventive measure to detect changes that lead to cervical cancer.

How to Earn Points:

The points will be uploaded to your Rewards page by Marquee Health within 30 days of completing your cervical cancer screening. This activity may be completed one time.

COVID-19 VACCINE/BOOSTER

Studies show COVID-19 vaccines are very effective at keeping you from contracting severe illnesses from COVID-19.

How to Earn Points:

The points will be awarded to your Rewards page by Marquee Health within 30 days of completing your COVID-19 vaccine/booster. This activity may be completed one time.

*Note: *Age and gender appropriate preventive screenings*

HEALTH & WELL- BEING

Each activity is worth 5 points. A maximum of 25 points can be earned in this category.

How to Earn Points: *Select the activity you've completed from the list and click 'Save'.*

CHECK YOUR PAY SLIP

Review and confirm your pay slip and confirm the deductions on your paycheck are accurate. Log into the employee portal at <https://employees.osceola.k12.fl.us>.

COMPLETE A FITNESS EVENT

Participate in a fitness event (5K, 10K, half marathon, marathon, obstacle course, etc.) or participate in a weight management program such as Weight Watchers.

COMPLETE FINANCIAL WELLNESS/RETIREMENT CLASS

Participate in a class to improve your financial literacy or meeting with a Financial Counselor.

PARTICIPATE IN A SPORTS LEAGUE

Participate in a recreation or sports league to increase your physical activity. This includes basketball, volleyball, bowling, etc.

PARTICIPATE IN A CHALLENGE OR PROGRAM WITH YOUR HEALTH CHAMPION

Participate in a program coordinated by your Health Champion to encourage physical activity within your school or department.

JOIN A FITNESS CENTER/GYM

Join a fitness center/ gym or be a current gym member.

ANNUAL VISION EXAM

Complete your annual vision exam. Annual vision exams are important to maintain vision health.

DENTAL EXAM

Bi-annual dental exams are important to maintain oral health.

SET UP YOUR ORLANDO HEALTH VIRTUAL VISIT ACCOUNT

Download the Orlando Health Virtual Visit app available on Apple and Android and create an account. Get treatment from a doctor for minor, non-emergency conditions for *ZERO* cost to the member on the SDOC medical plan. Available 24 hours day, seven days a week. If you experience registration issues, contact 1-855-549-2235. Registration Code: SDOC2020

ATTEND A DISTRICT SPONSORED HEALTH FAIR

Participate in a District sponsored Health Fair.

ATTEND A WELLNESS SEMINAR HOSTED BY THE CENTER FOR EMPLOYEE HEALTH

The Center for Employee Health will offer seminars and programs to meet your health and wellness needs. Contact the Center for more information.

TOBACCO-FREE ATTESTATION

Attest to living a tobacco-free lifestyle by visiting mymarqueehealth.com, clicking on the Tobacco Affidavit tile and selecting the appropriate response by July 31, 2023.

If you are a tobacco-user, you are invited to enroll in UBreathe, tobacco cessation coaching by calling 800.882.2109 option 1 or emailing coaching@marqueehealth.com. To be eligible for the incentive, **you must enroll in UBreathe coaching by June 23, 2023**, and complete 5 weekly coaching sessions by July 31, 2023.

MEET WITH A DIETICIAN

Meet with a Dietician or attend a presentation with the Center for Employee Health Dietician.

PARTICIPATE IN HEALTHY WAGE WEIGHT LOSS COMPETITION

Participate in a Healthy Wage Weight Loss Competition.

PARTICIPATE IN DISTRICT HEALTHY BABIES PROGRAM

As an employee of the district, you and your spouse have full access to our Pregnancy Program. Enroll to learn all about achieving a healthy pregnancy and delivering a healthy baby. To register, contact wellness@osceolaschools.net. This program has been designed to assist you with useful information, resources, and tips to help educate and guide you through the completion of your pregnancy. This program will also provide you with critical answers for both planned and unplanned pregnancies. You will also receive a cash incentive upon completion of requirements.

VOLUNTEER IN YOUR COMMUNITY

Volunteer in an event or program in the community.

ATTEND A WORK-RELATED SEMINAR OR CONFERENCE

Attend a work-related Seminar or Conference.

UTILIZE EAP SERVICES OR COMPLETE AN EAP EDUCATIONAL COURSE

Your Employee Assistance Program, ComPsych, offers guidance, articles, podcasts, videos and other helpful tools accessible whenever and wherever you need them. EAP Resources include: Confidential Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources, Online Support (article, podcasts, etc.), and Free Online Will Preparation.

Phone: 1-888-882-0797 (available 24/7)

Website: guidanceresources.com (Web ID: OCSOCS)

Mobile App: GuidanceResources Now (mobile)

*Group exercise classes are offered in various locations throughout the district. Availability and locations are subject to change. For a current schedule, contact the Wellness Specialist at **407-870-4840** or **wellness@osceolaschools.net***