



HISD Wellness Program

WANT TO EARN \$100 GIFT CARDS?

HISD's 2017 Wellness Program allows you to earn points for drawings for gift cards from your favorite places to shop

HOW TO GET GOING:

- Start your Health Profile by completing the Member Health Assessment (MHA)
- Go to your physician for your Biometric Screening to learn where your health stands now
- Complete Preventive Care exams to take control of your health
- Take part in an educational online course, webinar, or targeted program to learn how to maintain your health
- Join an "Employer Challenge" and actively lead a healthy lifestyle
- Challenge your peers with a "Peer Challenge" to get active, stay accountable, and provide support

For more information and to register, [click here](#).

PART 1: WELLNESS PROGRAM

For employees who earn points during the year, there will be drawings on the following dates for gift cards from your favorite places to shop. Up to 30 employees who have achieved the assigned points may win:

- May 15, 2017 – minimum 100 earned points for a \$100 gift card for up to 30 employees
- August 31, 2017 – minimum 150 earned points for a \$150 gift card for up to 30 employees
- November 30, 2017 – earned 200 points for a \$200 gift card for up to 30 employees
- December 6, 2017 – All employees who have earned 200 points during the year will participate in a Grand prize drawing for \$500 gift cards for up to 30 employees

****Employees can be part of the drawings more than one time.***

PART 2: EMPLOYER CHALLENGES

- There will be three Employer Challenges during the year. These Challenges will have a "Theme" and will encourage employees to stay on track with their personal wellness efforts.
- Following each challenge, there will be a drawing for \$100 gift cards for up to 30 employees who complete the challenge.

NOTE: All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.