

# Amherst 2019/2020 WELLNESS INITIATIVES

Based on feedback received in person, through our MMO Assessments and other data the Districts 2019/2020 Wellness Initiative is to address stress. The Goal is to provide you with multiple tools through-out the year with the hope that you will find a few methods that assist you in effectively dealing with the stressors in your life.

We'll start by introducing our Employee Assistance plan provided by Impact Solutions. [www.MyImpactSolution.com](http://www.MyImpactSolution.com) Go to member login> MEMBER LOGIN: Amherst

Secondly, we'll continue to address physical well-being as both mind and body are shown to strongly impact one another.



Biometric screenings will be done August 20, 2019. The screening format will be a blood draw vs a finger prick and this test will require that you fast.

The blood draw will provide the base results you've always received (blood pressure, total cholesterol, glucose, height, weight, waist measurements, body mass index) as well as readings that reflect kidney, liver function and several others. A full list will be provided closer to the testing date. A nurse will return on a later date to confidentially review your results with you.

Biometric Screenings can be completed on the screening day, **August 20, 2019**, or at your Physician's office. If you elect to have the core screenings done at your physician's office proof of completion must be provided to the Treasurer's office by **March 15, 2020**.

**You are still required to complete the MMO online Health Assessment between July 1, 2019 and March 1, 2020 to be eligible for the Wellness premium. You can access the Health Assessment @ [www.mmoh.com](http://www.mmoh.com).**

Employees Who Complete the Wellness Initiatives will pay less in Insurance Premiums.

Current employees **hired prior to July 1, 2011**, who complete the Health Risk Assessment will contribute 13% of their health insurance premium. Current employees who do not elect to complete the above will pay 18% of their health insurance premium. New hires that were **hired after July 1, 2011**, that complete the above will pay 20% of their insurance premium. New hires that do NOT participate will pay 25% of their health insurance premium. **If you elect to not participate, or elect to participate but then do not, you will be charged the 5% premium difference retroactively beginning July 1, 2019 along with the higher deductible, effective July 1, 2020.**

I **will** participate in the above Wellness Initiatives

I **will not** participate in the above Wellness Initiatives

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

**Please return bottom portion to the**

**Treasurer's Office**

**before August 31, 2019**

Date \_\_\_\_\_