

Wellness for Peak Performance  
Bozeman Public Schools

## Earn up to \$300 through Wellness!

### COMPLETE THE WELLNESS PROGRAM KNOWLEDGE QUIZ - \$25.00

- Watch the educational Wellness video, and complete the Wellness quiz with 100% accuracy during the month of September.
- Any retiree and their spouse under age 65, on the District health insurance may participate.
- This Educational Quiz is not mandatory in order to be eligible for the incentive plans.
- *Payable in December 2021.*

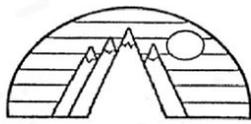
### INCENTIVE LEVEL #1 – UP TO \$175.00 – DOCUMENTATION OF PREVENTIVE WELLNESS EXAM

- Option A – WORTH \$150.00
  - Any retiree and/or spouse (under age 65) on the District medical plan must complete and return the Annual Physical Affidavit to the Wellness office no later than **April 30, 2022**.
- Option B – WORTH \$25.00
  - Earn the additional \$25 incentive for two or more consecutive years of submitting documentation of a preventative wellness exam!
- *Payable on:*
  - *If the preventative wellness exam form is submitted between May 1, 2021 – November 30, 2021, the incentive will be paid in December 2021.*
  - *If the preventative wellness exam form is submitted between December 1, 2021 – April 30, 2022, the incentive will be paid in June 2022. No forms will be accepted after April 30, 2022.*

### INCENTIVE LEVEL #2 - \$100.00 – POINT MODEL PARTICIPATION

- Any retiree and/or spouse (under age 65) on the District medical plan is eligible if they have completed the following:
  - Complete Incentive Level #1 – Annual Physical Affidavit
  - Complete and return the affidavit for exercise level and tobacco use by April 30, 2022
  - Accrue 200 points by April 30, 2022 – See point model below
  - *Payable in June 2022*

Program Incentive Offerings	Points
MDLive Registration	50
Level 1 – Exercise minimum of three (3) days per week or Level 2 – Exercise five (5) or more days per week	50 or 75
Non-tobacco user or Tobacco Cessation program	50
Lipid Panel Blood Draw	20
Attend the Health Fair	20
Attend Wellness event(s) – 10 pts/event (limit 2) BSD sponsored wellness events put on thru the District Wellness program <b>OR</b> other Wellness related events that are completed on an individual basis. Confirmation of participation in the individual events is required on the spring wellness affidavit (example: registration form, receipt, facilitator signature).	20 (max)
Blood Pressure/Temperature/O2 Check 5 points/check (limit 2)	10 (max)
<b>Total: 200 points required</b>	



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**If you meet the following criteria, you are eligible to participate:**

- Retirees and their Spouses that are on the District Employee Medical Insurance (Retirees and their spouses on the District Medicare Advantage plan do not qualify to earn the District Wellness incentives.

**Important Notice:**

Bozeman School District Wellness Program is a voluntary wellness program available to eligible retirees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a preventive annual exam with a Primary Care Provider. You are not required to complete the medical examinations.

However, retirees who choose to participate in the wellness program will receive an incentive of \$150-\$175 for completing an annual preventive exam. Although you are not required to complete annual preventive exam, only retirees who do so will receive the \$150-\$175 incentive.

Additional incentives of up to \$125] may be available for retirees who participate in certain health-related activities pertaining to educational quizzes, and the points model. If you are unable to participate in any of the health-related activities or to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting Lacy Clark at [lacy.clark@bsd7.org](mailto:lacy.clark@bsd7.org).

**Protections from Disclosure of Medical Information**

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and the Bozeman School District may use aggregate information it collects to design a program based on identified health risks in the workplace BCBS will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements.

In addition, all precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Lacy Clark at [lacy.clark@bsd7.org](mailto:lacy.clark@bsd7.org).

**\*Exercise** - For substantial health benefits, [www.health.gov](http://www.health.gov) recommends adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate – and vigorous – intensity aerobic activity.

**Please Note** - this form is for personal use to help keep track of your point total - do not send to wellness for verification.