

St. Johns County School District Fall 2022 Districtwell Program

The SJCSO Fall Districtwell Program will run from August 1, 2022 through November 30, 2022. Employees who are enrolled in the SJCSO Self-Funded Medical Plan have the option of participating in the program. Participate in well-being activities for a chance to receive a one-time payroll increase.

Districtwell Program Activity Options

- **Preventative Health Activities:**
 - Annual physical exam (15 points)
 - Preventative screening/exam (15 points)
 - Flu vaccine (10 points)
- **Community and Social Wellbeing Activities:**
 - Volunteering in the community (10 points)
 - Community fitness event (10 points)
 - Physical activity challenge (10 points)
- **Personal Growth Activities:**
 - Mindfulness challenge (10 points)
 - Wellness webinars (5 points each, max of 4)
 - Health coaching or mental health visits (15 points each, max of 2)
 - Professional development (5 points)

New this year! View program details and track your Districtwell program progress in the Marathon Health Portal through the Incentives tab.

Districtwell Program Overview

- **Who:** Employees who are enrolled in the SJCSO Self-Funded Medical Plan.
- **How:** Complete well-being activities to earn raffle entries for reaching the program levels.
- **When:** Complete your well-being activities by November 30, 2022.
- **Program Reward:** A one-time payroll increase will be awarded to 80 winners per rewards tier.
 - **Bronze:** 25+ Points (\$50 to 80 winners)
 - **Silver:** 50+ Points (\$75 to 80 winners)
 - **Gold:** 75+ Points (\$100 to 80 winners)



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