

# St. Johns County School District Spring 2023 Districtwell Program

The SJCSO Spring Districtwell Program will run from January 9, 2023 through April 30, 2023. 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:**
  - Wellness 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)

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 April 30, 2023.
- **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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