

SJCSD

Fall 2023

DistrictWell Program

The SJCSD Fall DistrictWell Program will run from August 1, 2023 through November 30, 2023. EMPLOYEES who are enrolled in the SJCSD 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 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 SJCSD 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, 2023.
- **Program Reward:** A one-time payroll increase will be awarded per tier:
 - Bronze: 25+ Points (\$50 to 150 winners)
 - Silver: 50+ Points (\$75 to 65 winners)
 - Gold: 75+ Points (\$100 to 25 winners)



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