



# SJCSD Well-being: Districtwell

Aim for rewards each semester!

**Program Dates: Spring Semester (January 1 – April 30)**

**Fall Semester (August 1 – November 30)**

## Program Details:

Each semester all employees (regardless of birth year) who are enrolled in the SJCSD medical plan have the opportunity to participate in the Districtwell program.

By participating in challenges, educational webinars, completing annual preventive exams and more, participants have a chance to receive a one-time payroll increase at the end of each semester! See below for examples.

## Incentive Program Activities:

### 1. Preventative Health Activities:

- Annual physical exam (15 points)
- Preventative screening/exam (15 points)
- Flu vaccine (10 points)

### 2. Community and Social Wellbeing Activities:

- Volunteering in the community (10 points)
- Community fitness event (10 points)
- Physical activity challenge (10 points)

### 3. 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)

**Incentive Reward:** One-time payroll increase

Level	Points	Gift
Bronze	25+	\$50 to 150 winners
Silver	50+	\$75 to 65 Winners
Gold	75+	\$100 to 25 winners



To view a complete list of activities and to track your progress, click on the Incentives tab in the Marathon Health Portal.

## How to Participate:

Log in to your personal Marathon Health account by visiting the website at [my.marathon.health](https://my.marathon.health). Unlike the HRA & biometric screening program, this rewards program is open to all employees on the SJCSD medical plan, regardless of birth year. Click on Incentives & Wellness → Incentives to see the program activities and how to participate.

## What about Summer/Winter break?

While most program components are only available during the semester periods defined above, there is an exception for preventative health activities.

Employees may complete some of the preventative health activities over the summer and winter breaks, and may submit their verification forms to earn points in the following semester. See verification form for details.

## Program Communications:

Be on the lookout for communications to come from Marathon Health to the email address in your Marathon portal account, and from your site Wellness Champion to your district email for upcoming events and reminders!

## Program Rewards:

All participation data is finalized following the deadline and employees eligible for each of the reward levels are entered into a drawing facilitated by a third party – The Bailey Group, an NFP Company.