



*A Growing District for Growing Minds*  
 408 W. MARKET  
 SAVANNAH, MO 64485-0151

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**2019-2020 Savannah R3 School District Wellness Program Requirements**

Savannah’s Wellness Program rewards individuals dedicated to improving their health and well-being. Savannah employees are encouraged to actively participate in health improvement programs and activities. Your participation helps control our insurance premiums.

**To be completed by May 1, 2020**

	<b>Date completed or frequency</b>	<b>Met Requirement</b>
<b>Requirement 1:</b> Complete your biometric screening. At minimum, the screening must include: HDL, triglycerides, glucose, blood pressure, pulse, weight, height, waist circumference, and BMI. If your spouse is on your plan, he or she must also complete a screening. This can be done with your doctor if you wish. You do not have to attend the screenings provided by the district.		
<b>Requirement 2:</b> Complete your online PHA (Personal Health Assessment). The window to complete this will open up approximately 2 months prior to the scheduled screening dates. If your spouse is on your plan, he or she must also complete the PHA.		
<b>Requirement 3:</b> <b>Part A</b> - Between July 1, 2019 and May 1, 2020 complete a preventative screening. Examples of preventative screenings are: <b>annual physical, colonoscopy, mammogram, woman well check, prostate exam, basic vision exam, or dental exam.</b>  <b>Part B</b> - Complete 2 district provided educational classes <b>OR</b> 2 district endorsed exercise programs <b>OR</b> 1 of each. Educational classes will be held at the buildings or via webcast online. Dates and times to be announced, and sign-in will be required. Exercise programs must be met with documentation and can include but are not limited to gym/fitness memberships, exercise classes taken at fitness centers (yoga, spinning, zumba, etc.), membership to a weight loss program (Weight Watchers, Jenny Craig, etc.), participation in 5k or marathon or similar event, and building level health challenges.		

**If requirements are not met during the program (July 1, 2019 - May 1, 2020), the member will be required to pay a \$75.00 per month premium differential starting July 1, 2019.**

**I confirm I have participated in the activities reported above.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

**Once you have completed and signed the tracking form, please turn in to school nurse or Suzanne Webb.**