

WellPATH – Your Path to Better Health

Fall 2017 Benefits Workshop
November 15, 2017

Joint Health Management Board

Presented by Delta TeamCare, the WellPATH Program Manager



What is WellPATH?



- WellPATH is an initiative of the Joint Health Management Board of Fresno Unified School District and is a free employee wellness program designed for, and by, employees of Fresno Unified School District.
- WellPATH provides Fresno Unified members with opportunities that guide and encourage a healthy commitment to positive lifestyle change.

WellPATH services are available as a health benefit, under the District's Health Plan for:

- ✧ Active employees
- ✧ Retirees
- ✧ Spouses, domestic partners, and
- ✧ Dependent children age 18 and older



Did You Know?

5,246

Total members
have used at
least one
WellPATH service
since 1/1/14.

86%

of WellPATH
participants who
completed a
personal wellness
screening had
an unhealthy
biometric value

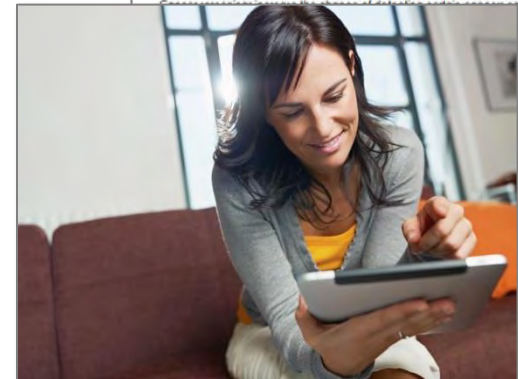
26%

of WellPATH
participants had
an unhealthy
biometric value
without a prior
diagnosis or
prescription



WellPATH Services

- ✚ Onsite Flu Shot Clinics (Fall)
- ✚ “Know Your Numbers” Wellness Screenings
- ✚ Onsite Group Fitness classes
- ✚ District-wide Wellness Challenges
- ✚ Monthly Wellness Webinars
- ✚ Monthly Newsletters, Health Information, Recipes, Tips and Quizzes
- ✚ Annual Employee & Family Wellness Expo
- ✚ PlushCare – Telemedicine Program
 - \$5 co-pay; (866) 460-6205
- ✚ Employee Assistance Program (EAP)
 - Claremont EAP (800) 834-3773



Monthly Spotlight, Webinars, and Quizzes
Complete a quiz and enter to win \$25 gift card.



Wellness Screenings

Onsite Personal Wellness Screenings to Know Your Numbers!

- ✦ Immediate results for Blood Pressure, BMI and Body Composition
- ✦ Blood Lipid and A1c Panel
- ✦ Health Risk Assessment
- ✦ Wellness Coaching
 - On-demand and ongoing
- ✦ Additional programs:
 - Personal Training (by invite only)
 - Behavioral Modification (by invite only)
- ✦ **\$25 gift card** on the day of screening for participating!





Onsite Group Fitness

fitness

- ✦ Fall, Winter and Spring sessions
- ✦ 10-Week sessions
- ✦ \$2.50 per class
- ✦ Pay all the sessions up-front with payroll deduction or by check
- ✦ Variety of classes to choose
 - Yoga
 - Zumba
 - HIIT
 - Butts and Guts
 - *And More...*

**Call WellPATH at (833) Well-PATH
Or complete the WellPATH Service**

Request Form online

www.jhmbhealthconnect.com/wellpath/request-an-event

to schedule an

Onsite Group Fitness Class!



Winter 2017-2018 Group Fitness Schedule

Classes Offered Weekly Until February 9, 2018 \$25 for 10 classes (just \$2.50/class!)

No classes will be held during the Thanksgiving Break (Nov 20-24) nor during the Winter Break (Dec 18 - Jan 5)

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
20x3		Vinland 3:30 - 4:30 PM Terronez 4:00 - 5:00 PM			
Butts & Guts	Aynesworth Elementary 4:00 - 5:00 PM	PTS Office 5:30 - 6:30 PM	Olmos Elementary 4:00 - 5:00 PM Duncan PolyTech 5:15 - 6:15 PM	PTS Office 4:30 - 5:30 PM	
Gentle Yoga		Bullard Talent 4:00 - 5:00 PM		Ewing Elementary 4:00 - 5:00 PM	
Kettlebells			Eaton Elementary 3:15 - 4:15 PM		
Yoga				McCardle Elementary 3:15 - 4:15 PM	Scandanavian Middle School 4:00 - 5:00 PM
Zumba	Williams Elementary 3:30 - 4:30 PM Education Center 5:00 - 6:00 PM	Computech 4:30 - 5:30 PM McCardle Elementary 4:30 - 5:30 PM Fort Miller 4:15 - 5:15 PM	Jefferson Elementary 3:45 - 4:45 PM	Service Center 5:00 - 6:00 PM	



Claremont EAP

Claremont EAP is a FREE Employee Assistance Program that can help with:

- ✓ Marital/Relationship issues
- ✓ Parenting/Family concerns
- ✓ Substance Abuse
- ✓ Depression
- ✓ Anxiety
- ✓ Stress
- ✓ Work Concerns
- ✓ Legal issues
- ✓ Financial matters
- ✓ Work/Life referrals
- ✓and other personal concerns

**For more information or
confidential help,
contact 800-834-3773
www.claremonteap.com**



PlushCare - Telemedicine Program

World-Class Medical Treatment Over the Phone

Call 866-460-6205
\$5 co-pay

Easy Access

Enjoy easy, fast service, seven days a week through secure online video or telephone services.

Top Tier Physicians

PlushCare's physicians are Board Certified and trained at the top 25 medical schools.

Prescriptions

A PlushCare physician can write prescriptions and have them sent to your local pharmacy.





WellPATH Champions

Get Involved, Become a WellPATH Champion!

A WellPATH Champion is an onsite ambassador who is committed to creating a workplace culture of health and wellness.

WellPATH Champion Role:

- ✧ Be an advocate for health and leading a healthy lifestyle
- ✧ Share wellness related information with co-workers
- ✧ Act as a site coordinator at the school/facility and assist WellPATH in scheduling onsite events
 - Personal Wellness Screenings
 - Onsite Flu Shots
 - Group Fitness Classes
 - Challenges
- ✧ Encourage employees to participate in the various WellPATH onsite activities and events





WellPATH Champion Incentives

WellPATH Champion Incentives:

- ✧ District wide recognition
- ✧ FREE Group Fitness Class participation
- ✧ \$50 Visa Gift Card*
- ✧ WellPATH Champion t-shirt
- ✧ WellPATH promotional items
- ✧ Opportunities to receive additional gift cards throughout the year

*\$50 Gift Card is provided at the end of the first quarter you have served in the Champion role



WellPATH Contact Information

Website: www.JHMBHealthConnect.com/wellpath

Phone: (833) WELL-PATH

Email: WellPATH@delapro.com

JHMBHealthConnect...The First Stop for Employee Benefits

Joint Health Management Board
Fresno Unified School District

HOME STAYING CONNECTED **WELLPATH** YOUR BENEFITS USING YOUR PLANS CONTACT

WellPATH

Enter keywords...

WellPATH
Your Path to Better Health
Joint Health Management Board

Watch a Webinar & Enter to Win \$50 Gift Card Monthly Raffle

Review the Pinnacle Training Systems monthly webinar and complete the Monthly Quiz for a chance to win a \$50 Visa gift card.

[Learn More](#)

ACTIVITIES CALENDAR

FREE Flu Shots
Offered at Various District Sites
From October 1 - November 10

WellPATH seeks to foster a healthy work environment and engage Fresno Unified School District employees in their health and well-being. The program assists employees along their path to optimal health through education, wellness activities, and resources that support healthy lifestyle choices. Active employees, spouses, domestic partners, dependent children age 18 and over, early retirees (defined as a retired individual under age 65 and not eligible for Medicare), and retirees covered under the District's health benefit plan are eligible to participate in the WellPATH Employee Wellness Program. Learn more about the program rules, eligibility, seminars, and discounts.

[Program Details](#)

Program Update - 10/1/15: WellPATH Launches 3 New Programs for 2015-16

Healthy Minute
Take a Minute for Your Health

Prepared for you by WellPATH
Your Path to Better Health
Joint Health Management Board

October 2017
Take Control of Your Health and Help Reduce Your Cancer Risk

Did you know that you can reduce your risk of cancer by making healthy choices like eating right, staying active and not smoking? It is also important to follow recommended cancer screening guidelines, which can help detect certain cancers early. Review this month's spotlight to learn more about the importance of prevention and early detection as well as other ways to stay healthy and reduce your cancer risk. Complete the monthly quiz for a chance to win a \$25 gift card at: www.JHMBHealthConnect.com/health-spotlights

Upcoming WellPATH Activities

FREE Flu Shots in October

Tues, Oct 3	12:00 PM - 4:00 PM	Bullard High School Staff Lounge
Wed, Oct 4	7:30 AM - 10:30 AM	Sequena Middle School Health Clinic
Wed, Oct 4	11:00 AM - 2:00 PM	Yeronez Middle School
Tues, Oct 10	7:30 AM - 11:30 AM	Hoover High School Staff Lounge
Wed, Oct 11	3:30 PM - 6:30 PM	Duncan Polytech Staff Lounge
Fri, Oct 20	7:30 AM - 12:30 PM	McLane High School Room L-2

FREE Wellness Screenings in October

Tues, Oct 10	2:30 PM - 5:30 PM	Ewing Elementary
Wed, Oct 11	1:45 PM - 4:45 PM	Lane Elementary
Thurs, Oct 19	2:30 PM - 5:30 PM	Ericson Elementary
Thurs, Oct 19	10:30 AM - 1:30 PM	Rutherford Gaston Middle School
Fri, Oct 20	2:00 PM - 5:00 PM	Biney Elementary

All recipients must present district-issued medical ID card. Visit www.JHMBHealthConnect.com for the latest schedules.

WellPATH is Focused on a Healthier Tomorrow and We Need Your Help!

The Joint Health Management Board and WellPATH are looking for people to be the inspirational voice. A WellPATH Champion is an on-site ambassador who is committed to creating a workplace culture of health and wellness. The WellPATH Champion shares wellness-related information with coworkers and helps them connect with wellness programs and activities offered by WellPATH, the district's employee wellness program.

For more information on becoming a WellPATH Champion, please visit www.JHMBHealthConnect.com/wellpath or contact WellPATH by email at jhmbhealthconnect@yahoo.com.

Fruits and Vegetables - More Matters

WEBINAR: Tuesday, October 10 @ 6 PM

There are many myths surrounding the consumption of fruits and vegetables. This month's webinar will provide insight into the many health benefits from their consumption. Review Pinnacle's webinar and complete the quiz for a chance to win a \$50 Visa Gift Card.

Visit www.JHMBHealthConnect.com/events/category/workshops to register.

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.



WellPATH

