

WellPATH

Getting You Ready on Your Road to Better Health

The WellPATH Employee Wellness Program at Fresno Unified School District is your key resource to guide you along your path to better health. The program assists eligible employees, retirees, and dependents along their path to optimal health through education, wellness activities, and resources that support healthy lifestyle choices. These include:

- **FREE** Annual Wellness Screenings
- **FREE** Wellness Challenges w/prizes
- **FREE** Quarterly Fitness Classes
- Monthly Wellness Videos & Webinars
- Monthly Health Tips & Quizzes

For more information about these programs and resources, we invite you to visit www.JHMBHealthConnect.com/wellpath.

Congratulations to Vinland Elementary - Spring 2021 Wellness Challenge Site Trophy Winner

Our Spring 2021 Beat the Pacer Down the California Coastline Challenge was a huge success - one of our most successful challenges. During the 6-week walk/run challenge participants moved their icons along a virtual map of the California Coastline by walking or running. This was an individual challenge, with each person competing against the daily pacer goal for their respective tier. The challenge had four different tiers for the different skill levels, and each tier had a daily pacer goal. The daily pacer goal for each tier was as follows:

- **Walker Low:** 7,000 steps per day
- **Walker High:** 14,000 steps per day
- **Runner Low:** 8,000 steps per day
- **Runner High:** 14,000 steps per day

In the end, 312 participants completed the challenge, registering more than 10 Million steps and receiving \$4,000 in prizes.

Vinland Elementary - the Site Trophy Winner - averaged the most steps (2,175,262 steps), which was more than double their nearest competitor. To view the final results and winners for the challenge, and for more information about wellness challenges, we invite you to visit www.JHMBHealthConnect.com/wellness-challenges.

Share Your Love For Wellness



"I think that basic human nature draws us to compete with each other. Participating in the Beat the Pacer Challenge set a goal for me each day. I couldn't always meet that goal but I was not discouraged. I continued to walk for my health and to see how far down the coast I could walk by the end of the challenge. I look forward to more challenges."
– Jaime Anthony, Fresno High

"WellPATH program has improved my health/happiness in so many different ways. I do the wellness screening every year, so it's like my yearly check-in. I have also done the personal training program, and I just finished with the wellness challenge. What this challenge has done for me is had me walk everyday. It was a good way to get me to exercise more. I wanted to meet my goal everyday, so I was excited when it came down to taking my daily walk. I truly am grateful that I am apart of the WellPATH program." - Marisela

Strength and Flexibility: Do You Have It?

Starting to exercise can be intimidating. If you are new to exercising, sometimes it is difficult to know where to start. WellPATH has a new virtual fitness class - Strength and Flexibility - focused specifically on the basics to get you moving and mobile. Whether you are looking to improve your balance, lose weight, increase your mobility, or relieve stress, this new class is a great place to start.

You're Not on Camera: Virtual Fitness Classes are pre-recorded and you are not on camera. You are simply watching a video and following the directions of a trainer in the comfort of your own home.

All Levels Welcomed: The Strength and Flexibility virtual fitness class is for all ages



and will address all of the above listed goals. Pinnacle Training Systems trainers will walk you through stretches and exercises that are modified and/or entry level to get you started off on the right foot. These exercises will be low impact and perfect for beginners or those that require more modified exercises.

Classes are FREE: Virtual Fitness classes through WellPATH are FREE for District covered members over the age of 18. All you have to do to get started is fill out the registration form. You can find the registration form and more information on the virtual fitness classes by visiting www.JHMBHealthConnect.com/group-fitness-classes.

NEW: Chronic Disease Management Page

WellPATH believes in providing resources that will enhance your quality of life as you and your family manage chronic diseases – such as Diabetes, Cancer, and Heart Disease. Recently, we have expanded the information we provide on these most prominent chronic conditions within our membership.



If you, or a loved one, are managing life with one of these conditions, we invite you to learn more about their symptoms, causes, screening options, treatment, and ways to manage health in spite of these chronic setbacks. You just might find the right resource to share with a loved one to make a meaningful change in their life. Visit www.JHMBHealthConnect.com/chronic-disease-management.

Claremont EAP Offers a Host of Resources to Support You Along Your Path to Better Health, Wealth, and Well-being

The Joint Health Management Board (JHMB) understands that you and your family members might experience a variety of personal or work-related challenges. Through the Claremont EAP, you have access to resources, information, and counseling that are fully confidential and **no cost to you**. The services outlined below are available to all employees/retirees, dependents of employees/retirees, and members of your household.

Health

The Claremont Employee Assistance Program (EAP) helps you resolve personal issues before they become more serious and difficult to manage. You and your eligible family members can receive up to five face-to-face professional, confidential counseling sessions per incident. Claremont also provides access to resources that can help you address virtually any personal concern or question, such as:

- Marital/Relationship issues
- Parenting/Family issues
- Work concerns
- Depression
- Anxiety
- Stress
- Substance abuse
- Other issues impacting your quality of life



NEW: Online Support Groups

You are not Alone: If you're struggling with life's challenges, Claremont offers a new, free, and helpful service. Join an online support group with others who have similar issues and can offer you ideas, support, and encouragement. Support groups are easy to access by computer, tablet, or smartphone. Attend up to 10 free, confidential online sessions in a group that suits your needs, including:

- Addiction Recovery Groups
- Anxiety Recovery Groups
- Parenting Support Groups
- Depression Recovery Groups

Wealth

Claremont EAP provides free, professional financial assistance on a range of issues, including:

- Debt management
- Tax questions
- Refinancing
- First-time home buyer support
- Foreclosure prevention
- Financial planning
- Budgeting
- Credit report coaching



Claremont also provides a free initial consultation with an attorney and then a 25% discount to help you regarding issues such as:

- Civil/Consumer Issues
- Divorce/Child Custody Issues
- Estate Planning Law
- Financial Matters
- Real Estate
- Criminal Matters
- Immigration & Naturalization

Well-being

To help you make time for what matters most, you and your family have access to the work-life resource and referral service. The service offers live assistance from a professional consultant to provide support for any work, personal, or everyday issue that's important to you and your family, including:

- Childcare
- Elder Care
- K-12th Grade Education Planning
- College & University Planning
- Parenting Skills
- Adoption
- Pet Services
- Fitness & Wellness Services
- Moving/Relocation Services



Professional & Confidential Services

Claremont is a firm of select professionals who can help you with life's challenges. You will be referred to a conveniently located counselor or resource with expertise in your area of concern. The EAP is a confidential service. Claremont understands the importance of maintaining your privacy. Your involvement with Claremont is afforded the maximum confidentiality permitted under the law.

Call **800-834-3773** to discuss your question or issue with an experienced counselor who will refer you to the resources most appropriate for your needs. Visit www.ClaremontEAP.com for more details.

Benefit Plan Updates & Reminders

Are Your Dependents Still Eligible for Their Benefits?



In recent years, the JHMB completed a Dependent Verification Review to ensure that only those dependents that were actually eligible were the ones being provided with coverage. The most recent review netted an estimated savings of \$1.7 Million in medical costs to the District's plan.

Covering people who are not eligible dependents raises our cost for health coverage, which may ultimately be reflected in higher premiums and out-of-pocket costs.

As a reminder, you are required to notify the District within 60 days following the date on which any dependent no longer meets the eligibility criteria for dependent coverage (including divorce or legal separation; and the termination, dissolution or nullification of Domestic Partnership). Failure to notify the District within the adequate time period may cause you to be responsible for the reimbursement of any claims paid for ineligible dependents.

Enroll In Medicare When You Become an Eligible Retiree to Minimize Your Payments

The Joint Health Management Board at the Fresno Unified School District wants to remind you of the importance of enrolling in Medicare once you are eligible. The District's Health Care Plan indicates that you must enroll in Medicare Parts A & B **as soon as you become eligible for Medicare as a retiree.**



Your specific Coordination of Benefits (COB) changes once you become eligible for Medicare as a retiree, which may result in reductions of Plan payments and increases in your payments if you fail to enroll in Medicare. This requirement only applies to retirees in the Fresno Unified School District Employee Health Care Plan. Active employees age 65 or over are not required to enroll in Medicare.

Getting the Most From Your Plan

Diabetes Test Strips: Healthful Tips for Managing Diabetes From the JHMB & WellPATH Program



Diabetes affects more than 30 million people in the U.S. In California alone, approximately 4 million adults have diabetes. Out of the 4 million, an estimated 1 million have diabetes but don't know it. About 10.7 million Californians have prediabetes with blood sugar levels higher than normal but that are not high enough to be diagnosed, and each year, an estimated 263,000 people are diagnosed with diabetes.

Once you've been diagnosed with diabetes, it's important to stay on top of the condition by performing routine tests to monitor and manage your blood sugar (glucose) levels. Learn how you can get the most from your prescription drug plan when ordering those all important test strips and blood glucose meters by visiting the full article online at: www.JHMBHealthConnect.com/10536.

You'll also find information on the WellPATH Program's resources and services to help you manage your diabetes, including keeping you physically active, providing healthful eating tips/recipes, and offering free annual wellness screenings.

UPDATED: Plan Amendments & SBCs for All Medical Plans

The JHMB has recently published a 2021 plan amendment regarding - Covered Medical Benefits and Covered Prescription Benefits for Plan Options 'A' and 'B' – COVID-19 Vaccine and Preventative Services. You can review this new amendment by visiting www.JHMBHealthConnect.com/your-benefits.

In addition, the 2021 Summary of Benefits and Coverage (SBC) for all medical plan options are available online at www.JHMBHealthConnect.com/using-plans. The SBC provides you with a quick snapshot of what your plan covers and what it costs. The SBC also includes your rights to continue coverage, grievance and appeals rights, and coverage examples.



Fresno Unified School District

Benefits and Risk Management

Fresno Unified School District

Education Center

2309 Tulare Street

Fresno, CA 93721-2287

This is HealthConnect, a publication from your FUSD Joint Health Management Board (JHMB).

For more information, visit the HealthConnect website at www.JHMBHealthConnect.com.

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HealthConnect

Meet the JHMB

Stanley Perry, JHMB Director (Labor - CSEA 125)

The District's Joint Health Management Board (JHMB) continuously strives to build and maintain a cost-effective healthcare program for our employees, retirees, and their families. Through relentless reviews, difficult discussions, and meticulous management, Labor and Management work together to provide you and your family with a health plan and wellness program to support you along your path to better health. Take a moment to meet one of your JHMB Directors dedicated to improving healthcare access for our members.

My name is Stan Perry and I'm currently a Campus Safety Assistant for the District. My role with the JHMB is to ensure that all District employees have the best healthcare plan at a reasonable cost to themselves and their families. Along with my partners on the Board, I make sure that each and every District employee has access to the most efficient and effective healthcare package our plan can afford.

Our Work Affects Lives

One of the great benefits of our health plan is the PlushCare Telehealth app. Using the service, I can receive an in-home appointment from a qualified health professional, along with access to quality medications, from the comfort and convenience of my own home - which is especially helpful in this Covid-19 era. I'm thankful for the JHMB offering this type of personal care for myself and my family.

Final Thoughts

I wish our fellow employees knew the kind of time and effort that each member of the JHMB dedicates - without any monetary incentives - to ensure that our employees and their families have access to a high quality healthcare plan. Not only do we ensure that the plan has a stable foundation – medical, dental, and vision benefits - but also a host of other offerings to ensure individuals are able to take care of any medical needs today, as well as help monitor and/or prevent health conditions in the future. From the Employee Assistance Program and the annual wellness screenings to group fitness classes and wellness challenges (through the WellPATH Program), we provide well-rounded health and wellness offerings – many of which are **FREE**.

