

# Don't pass up rewards!

Complete your Health Assessment between **September 1 and December 1, 2022!** Health Premium Discount information enclosed.



Washoe County School District  
425 East Ninth Street  
Reno, NV 89512

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**2022-2023**

## **Your Wellness Program Guide**

**Washoe County School District  
Employees, Retirees & Covered Spouses**



Washoe County  
School District



# 2022–2023

# Wellness Program Guide

Washoe County School District—Employees, Retirees & Covered Spouses

Take control of your health, and stay happy and healthy with Virgin Pulse!

Washoe County School District (WCSD) is excited to offer a wellness program to help you make strides toward a healthier you. **Earn up to a \$480 Health Premium Discount—that's \$960** if both employee and spouse participate!

## Important Dates

<b>September 1, 2022</b>	Opening day for 2022–2023 program year
<b>September 1, 2022 through December 1, 2022</b>	Complete your Health Assessment to activate your health premium discount in January 2023 for the 2023 year
<b>January 1, 2023</b>	\$40 monthly health premium discounts activated for everyone who completed their Health Assessment by December 1, 2022
<b>August 1, 2022 through July 31, 2023</b>	Earn points, drawing entries and Pulse Cash by participating in challenges, completing Journeys <sup>®</sup> and wellness tip cards, tracking steps and more!

## How it works:

**Sign in to your Virgin Pulse account. If you haven't already registered, you can register at [join.virginpulse.com/WCSO](https://join.virginpulse.com/WCSO). ALL insured members and covered spouses MUST have their own Virgin Pulse account in order to complete the Health Assessment and activate the wellness discount.**

(a) Enter your name, gender and date of birth, and click **CONTINUE** to verify you're eligible to join.

(b) You're important to us—and so is your data. To proceed to the next screen, please read and agree to the Virgin Pulse Data Consent, Privacy Policy and Membership Agreement.

(c) After you're finished, enter your information into the fields that follow. Click **LET'S GET STARTED!**

**Complete your Health Assessment between September 1 and December 1, 2022**, to earn \$480 in annual Health Premium Discounts for 2023! You'll find the Health Assessment under the **Health** tab in your Virgin Pulse account. After completion, your \$40 monthly health premium discount will be activated for the 2023 calendar year.

**Never miss an appointment with My Care Checklist. Keep track of health checkups, all in one place.**

Keeping up with preventive care means fewer sick days, feeling your best and stopping costly conditions before they start. Could you use a little nudge to put your health back at the top of your priority list? My Care Checklist can give you that extra support.

### Friendly Reminders

My Care Checklist tells you when you're due to see your healthcare provider so you'll never miss an important checkup.

### Personalized Support

Have a question about your benefits or a health situation? Get in touch with one of our certified health coaches and get answers.

### Cash in on Rewards

Earn points for using My Care Checklist to track your preventive care.

If you need any assistance navigating the Virgin Pulse platform or completing the Health Assessment, or have any other questions, please call **888-671-9395**.



# Wellness Screenings

To learn more and make an appointment, go to [www.washoeschools.net/wellness](http://www.washoeschools.net/wellness).

Date	Location	Time
Wednesday, September 7, 2022	Damonte Ranch HS	6 am–9 am
Thursday, September 8, 2022	McQueen HS	6 am–9 am
Wednesday, September 14, 2022	Admin Building	6 am–9 am
Thursday, September 15, 2022	Incline HS	6 am–9 am
Saturday, September 17, 2022	SpecialtyHealth	6 am–11 am
Tuesday, September 20, 2022	North Valleys HS	6 am–9 am
Wednesday, September 21, 2022	Reed HS	6 am–9 am
Thursday, September 22, 2022	Reno HS	6 am–9 am
Thursday, September 29, 2022	Sparks HS	6 am–9 am
Saturday, October 1, 2022	SpecialtyHealth	6 am–11 am
Tuesday, October 4, 2022	SpecialtyHealth	6 am–11 am
Wednesday, October 5, 2022	Admin Building	6 am–9 am
Tuesday, October 11, 2022	Galena HS	6 am–9 am
Wednesday, October 12, 2022	AACT HS	6 am–9 am
Saturday, October 15, 2022	SpecialtyHealth	6 am–11 am
Wednesday, October 19, 2022	Wooster HS	6 am–9 am
Thursday, October 20, 2022	Spanish Springs HS	6 am–9 am
Tuesday, October 25, 2022	Hug HS	6 am–9 am
Wednesday, October 26, 2022	Admin Building	6 am–9 am

Download the free  
Virgin Pulse mobile app!



## Immunization information:

### Flu, pneumonia, Tdap (tetanus, diphtheria and pertussis) and shingles.

- **Immunization will be offered during the wellness screening event dates.** You may also visit any local Walmart pharmacy to receive your immunizations. For more information, please visit [washoeschools.net/wellness](http://washoeschools.net/wellness) and choose **Immunizations** from the side menu.
- **Immunization availability depends on the national supply and availability during the screenings.** If you are receiving immunizations *only*, you do not have to make an appointment.



# Don't pass up your health and rewards!

Did you know that by participating in the Wellness Program you can earn drawing entries and Pulse Cash rewards?



## New this program year!

	Level 1 >	Level 2 >	Level 3 >	Level 4
<b>Rewards</b>	1 drawing entry for a chance to win \$50 prize	1 drawing entry for a chance to win \$100 prize	\$15 in Pulse Cash	1 drawing entry for a chance to win \$300 prize
This reward structure is offered every quarter of the program year, which means you have the chance to earn up to \$60 in Pulse Cash AND earn drawing entries each quarter.				

Do healthy things	Earn points
Health Assessment	500
Tobacco cessation completion	250
Annual PCP visit	250
Colorectal screening	250
Pap smear	250
PSA screening	250
Mammogram	250
Skin check	250
Bone density exam	250
Dental exam	250
Flu immunization	250
Tdap immunization	250
Pneumonia immunization	250
Shingles vaccine immunization	250
Complete the company challenge	2x per program year
Complete a Journey	1x per month
WCSD biometric screening completion	1,000
Included Health online account creation	200
For more ways to earn, visit <b>How to Earn</b> under the <b>Rewards</b> tab on the site or mobile app.	

### Questions?

**Call:** 888-671-9395 | Monday–Friday, 8 am–9 pm ET

**Email:** support@virginpulse.com

**Live chat:** support.virginpulse.com | Monday–Friday, 2 am–9 pm ET

*Note:* The Virgin Pulse point/reward system does not affect your health premium discount and its requirements. It is an opportunity to earn additional rewards and prizes.