



2023 HEALTH & WELLNESS INCENTIVE

Pasco County School offers the Health & Wellness Incentive (HWI) Program for employees and retirees covered under the District's group medical plan. Participation is voluntary; however, participants must follow the steps outlined below to qualify.

Complete VHP Labs

You must complete an **Annual VHP Lab Draw** through the Health and Wellness Center (HWC).

Only one (1) VHP may be incentivized per program year (01/01/2023-12/31/2023).

Complete VHP Follow-Up

You must follow up with an **HWC provider** to obtain and discuss VHP results within **90 days** of your VHP lab appointment.

Payment for the incentive reward is based on the completion date of the follow-up.

Select your Fit Option

Select **one (1) Fit Option during the VHP follow-up appointment** to receive your incentive reward.

Participants who do not make a selection, or select more than 1 option, will be **automatically enrolled in PascoFit**.

2023 HEALTH & WELLNESS FIT OPTIONS

Employees who qualify for the 2023 Health & Wellness Incentive may select from one (1) of the following Fit Options to redeem their incentive. Those who do not make a selection, or who select more than one option, will automatically be enrolled in the PascoFit option.

YOUFIT

Year Membership (\$250 value)

Youfit is a health club focused on Participants' health. Membership includes unlimited access to all Youfit locations, unlimited guest privileges, and unlimited group fitness classes.

YFIT BUY-UP

Year Membership Contribution (\$250 value)

In addition to gym access, membership at the YMCA includes unlimited group fitness classes and childcare. Employees who choose the YFit Buy-up option for themselves may choose to include family members on their plan, as well as additional services such as personal training and swimming lessons.

PASCOFIT

\$150 - \$250

Participants who complete the VHP and follow-up are eligible for a \$150 incentive reward.

An additional \$100 incentive reward may be earned by completing up to two (2) wellness programs.

Participants may be enrolled in only one (1) options per year.
Incentives may not be divided between options.

All activities must be completed by December 31, 2023.

For more information, please visit: www.PascoGoHealthy.net



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