



Pasco
Go Healthy
PASCO COUNTY SCHOOLS

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Wellness Champion

MISSION

The goals of our wellness program are to both decrease the risk of disease and to enhance the quality of life of our employees. Healthy, happy, and motivated employees are an essential part of creating a community, which works together so all of our students will reach their highest potential.



WHAT IS A WELLNESS CHAMPION?

Become a Wellness Champion!

Pasco Go Healthy, the District's employee wellness program, is recruiting employees from every campus across the District to serve as Wellness Champions. Wellness Champions are comprised of employees who are passionate about their own health and wellbeing and are enthusiastic about motivating others to do the same. As a Wellness Champion, you will have a prominent role in creating a Culture of Wellbeing throughout the District!

Wellness Champion Prerequisites

Applicants are required to have the following in order to be considered for a Wellness Champion role:

- Employed by the District for at least one (1) year
- Covered under the District's Florida Blue group medical plan
- Utilize services at the Health and Wellness Centers
- Administrator Approval – Supervisor must sign off before the application is submitted

Only 1 Wellness Champion will be selected per location. Applicants who meet the above criteria will be considered for the role on a first-received, first-approved basis.

Wellness Champion Roles & Responsibilities

- Attend in-person meetings; held twice a year
- Serve as a trusted source for information about the Pasco Go Healthy programs and resources to help your co-workers stay healthy and improve wellbeing.
- Distribute communications to promote upcoming Pasco Go Healthy events to your co-workers through:
 - Email
 - Posters and flyers
 - Word of Mouth
- Facilitate approved onsite wellness activities
- Gather feedback and input from co-workers to share with Employee Wellness in an effort to meet the Pasco Go Healthy yearly goals
- The Wellness Champion role is an additional duty that will not interfere with primary job duties

Wellness Champion Incentives

- Wellness Champions are eligible to receive an additional incentive reward of \$150 per school year.
- Incentive rewards for Wellness Champions are split up into two (2) payments per year:
 - One (1) payment of \$75 during the Fall Semester (July–December)
 - One (1) payment of \$75 during the Spring Semester (January–June)
 - These incentive rewards will be posted to the same prepaid Visa Debit card used by the District's Health and Wellness Incentive (HWI) Program
 - You must be the ACTIVE Wellness Champion at your approved work location during the time of payment in order to receive the incentive reward(s) for this program

WHAT'S TRENDING IN PASCO WELLNESS?

Health & Wellness Incentive Program

Pasco County Schools will continue to offer a Health and Wellness Incentive (HWI) Program for employees and retirees covered under the District's Florida Blue medical plan to help promote wellness and healthy lifestyles. Participation in the HWI Program is voluntary; however, participants must follow the steps outlined below in order to qualify for the annual incentive.

Step 1: Complete your Annual Vital Health Profile (VHP) (formerly HRA)

Step 2: Complete your Annual VHP Follow-up with an HWC Provider

Step 3: Redeem your incentive rewards through one (1) Fit Option



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YouFit GYMS

MY HEALTH ONSITE

The My Health Onsite Health and Wellness Centers (HWC) have a team of caring and experienced physicians and nurse practitioners who can assist you with managing all of your healthcare needs, including:

- Primary care services
- Acute/chronic health issues
- Preventative care (well woman/male exams, annual health physicals)
- Labs
- Digital x-ray services
- Outside imaging services
- Medication management (including over 200 generic medications and adult vaccines)
- Pulmonary function testing
- Sleep studies

Employees and dependents covered under the District's group medical plan have access to a wellness management team including dietitians, registered nurses (RNs), exercise physiologists and Licensed Mental Health Counselors to assist you in understanding and managing your disease process.

Please visit our website to learn more!

www.PascoGoHealthy.net



PASCO COUNTY SCHOOLS

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