

Your journey, your rewards, and our support along the way



Reach your potential with CCPS Wellness! CCPS offers all employees and spouses the opportunity to participate in our wellness program. We hope you will take advantage of the resources available, including our wellness activities, fitness trackers, monthly mini-challenges and quarterly challenges, all while earning rewards along the way!

2020-2021 Period Dates:

Period 1: May 11, 2020 – November 9, 2020

Period 2: November 10, 2020 - January 27, 2021

Period 3: January 28, 2021 - April 9, 2021

Visit ccpswellness.org to get started in the Wellness Program.

EARN YOUR WELLNESS INCENTIVE

Earn 200 wellness points by April 9, 2021 to be eligible to receive a wellness incentive (up to \$250 value). Program requirements include:

1. **Complete a preventive medical exam (25 points)**
2. **Complete a biometric screening (25 points)** Make an appointment at an onsite event in the fall, download a physician fax form to take to your doctor or request a lab voucher. Complete prior to April 9, 2021. Visit ccpswellness.org to learn more.
3. **Earn at least 5 wellness points in EACH period (15 points)** To qualify for the wellness incentive, you must log at least one wellness activity within each of the periods listed above. When you participate in the program, US Wellness will award you 5 participation points for that period. A maximum of 5 points per period will be awarded. **Points are awarded within a week of completing your first activity in each period.**

Your wellness incentives include:

1. Wearable activity tracker valued up to \$250
2. \$250 toward your CCPS FSA or HSA account
3. \$250 toward a weight management program or fitness membership*

*Limitations apply. Please contact Benefits Office for more information

Questions? Contact askme@uswellness.com



WHO CAN PARTICIPATE?

All benefit eligible employees and their spouses may participate in the CCPS Wellness Program.

*Wellness incentives are only available to eligible CCPS employees. All spouses are encouraged to participate in the program but are not eligible to receive incentives or rewards.



NEED TO REGISTER?

Getting started in the wellness program is easy! Visit ccpswellness.org. Select "I Need an Account." Enter your email address and create a password. Verify your date of birth and enter your CCPS Employee ID Number.

If spouse, enter the CCPS Employee ID Number + S. Example: 1234s

NAVIGATING THE CCPS WELLNESS PORTAL IS EASY!

We have a variety of wellness areas to explore on our wellness portal. Let's take a tour:



- 1 HEALTH:** Find the results of your biometric screening here, and track your results over time or complete a Health Assessment here.
- 2 WELLNESS:** Choose from over 30 online wellness learning modules! Enroll or cancel your workshops and see your workshop history.
- 3 BENEFITS:** Learn more about Cecil County Public School's employee benefits.
- 4 NUTRITION:** Calling all foodies! Log your food intake, track your calories, vitamins and minerals, see recipes and so much more.

- 5 EXERCISE:** You want it, you got it! See exercise plans, log your reps, get ideas and stay fit here!
- 6 COMMUNITY:** Access the monthly newsletter and read our blog posts to stay updated on the latest portal news!
- 7 INCENTIVES:** Log your points and check your status towards your wellness incentive here!
- 8 REFERENCE:** Set up your notifications, change your password, or access the health library to help make better health decisions. You can also find details on how to contact us.

HEALTH CONFIDENTIALITY

Your Personal Health Information (PHI) is 100 percent confidential. US Wellness adheres to Health Insurance Portability and Accountability Act (HIPAA) guidelines and does not share PHI with CCPS.