



MCPS

MARION COUNTY PUBLIC SCHOOLS

"Helping Every Student Succeed"

WELLNESS

101

VOLUME 14, ISSUE 1

FALL 2022

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Employee Wellness Assessment

FREE

As part of the health insurance benefits offered by MCPS, employees who have medical insurance through Florida Blue are eligible to participate in the annual employee wellness assessment at no cost*.

Employees who participate in the wellness screening will receive 2 movie vouchers to Epic Luxury Theatres.

The Wellness Assessment provides a *snapshot* of your personal health through several screenings, including:

Total Cholesterol

Glucose

Weight/Body Fat %

Blood Pressure

Triglycerides

HDL/LDL Cholesterol

* Only employees currently covered under a Florida Blue Medical Insurance Policy are eligible to participate at no cost. All other employees may participate in the wellness screening for \$25.00.

Be on the lookout for the Fall 2022 Schedule !

What's Up With Wellness

www.mcpswellness.com



Employee Wellness
Marion County Public Schools



FREE Weight Management Program

Looking to lose weight, eat healthier, and feel better?

Florida Blue offers its members the opportunity to participate* in one of the following weight management programs for FREE**!



WeightWatchers

OR



Online Coaching

- ◆ Holistic and personalized approach
- ◆ In-person meetings for accountability
- ◆ Several locations around Marion County
- ◆ Digital tools for on the go

- ◆ Flexible online health coaching
- ◆ Choose from a variety of programs to meet your needs
- ◆ Optional support groups for accountability
- ◆ FREE Wireless Scale & Fitbit

Visit <https://www.solera4me.com/betteryou> to see if you qualify and find which program is best for you!

*Participants must qualify via the risk quiz. Participants may only select one option and cannot switch once enrolled.

**Participants must have the Florida Blue health insurance provided by Marion County Public Schools.

RAO - Your P.I. for Breast Cancer Detection!



**RADIOLOGY ASSOCIATES OF OCALA
AND
MARION COUNTY PUBLIC SCHOOLS
HAVE JOINED FORCES TO BRING YOU
A MORE CONVENIENT WAY TO GET
YOUR SCREENING* MAMMOGRAM!**

**THIS SPECIAL EVENT
WILL INCLUDE:**

**• 3D MAMMOGRAPHY!
TODAY'S GOLD STANDARD FOR ACCURACY!**

**• SAME-DAY RESULTS PROVIDED
BY DR. AMANDA AULLS!**

• REFRESHMENTS AND DOOR PRIZES!

**COME TAKE ADVANTAGE OF THE
CONVENIENCE AND RECEIVE SAME
DAY RESULTS!**



**EVENT DATE
SATURDAY
SEPTEMBER 24th**

APPOINTMENTS START AT 8AM

**RAO WOMEN'S
IMAGING CENTER**

**1901 SE 18TH AVE
BLDG 200**



**THIS EVENT WILL FILL UP SOON, SO CALL
352-671-4286 NOW TO SECURE YOUR SPOT!**

*This event is available at no cost and screening mammograms are a covered benefit for those enrolled in the MCPS - Florida Blue Health Insurance policy. Employees who have an alternative health policy should verify coverage with their insurance carrier.

#GETFIT

Group Fitness Classes

The MCPS Employee Wellness Program will offer several different group fitness classes starting after Labor Day. With a variety of options throughout the district, there truly is a class for everyone!

Dates to Know:

August 15th - Schedule and registration information released

August 17th - Registration opens

August 26th - Registration closes

Week of September 5th - Classes begin

Week of December 5th - Classes end



Get Ready...

Get Set...

Get AMP'd!

The Active Marion Project (AMP), in partnership with the Marion County Public School Employee Wellness Program, will be hosting a district-wide, team step challenge.

Coming October 2022!

Diabetes Management Program



Florida Blue, in partnership with The Diabetes Education Center at Advent Health, is currently offering a FREE diabetes management program for MCPS employees.

The MCPS Diabetes Management Program was designed to provide resources and education to help diabetics effectively manage their disease. All school board employees and their adult dependents who are enrolled in the MCPS health insurance plan through Florida Blue are eligible to participate at no cost.

Diabetes Education

Participants will meet with a Certified Diabetes Educator to discuss monitoring blood sugar levels, medication management, and acute and chronic complications.

Free Medication/Supplies

Upon completion of the requirements, participants will receive generic diabetes, cholesterol and blood pressure medication, insulin, and testing supplies at no cost!

Diabetic Screenings

Participants will get the following screenings: HbA1c, lipid panel, microalbumin, diabetic podiatry exam, dilated retinal exam.

Nutrition Education

Participants will also meet with a registered dietician to create an individualized meal plan.

Classes are now forming for October!
To register, contact Laurel_Lingle@AJG.com

Notice Regarding Wellness Program

According to new rules under the Americans with Disabilities Act (ADA), employers offering wellness programs that collect employee health information are required to provide a notice to employees informing them what information will be collected, how it will be used, who will receive it, and what will be done to keep it confidential.

NOTICE REGARDING WELLNESS PROGRAM

The MCPS Employee Wellness Program is a voluntary wellness program available to all employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program, you will be asked to complete a voluntary personal health assessment (PHA) that asks a series of questions about your health-related activities and behaviors, as well as whether you have or had certain medical conditions (i.e., cancer, diabetes, or heart disease). You will also have the opportunity to participate in a biometric screening which will include testing for hypertension, hyperlipidemia, diabetes, and obesity. You are not required to complete the PHA or participate in the biometric screenings.

However, employees who choose to participate in the wellness program will receive 2 movie vouchers for completing the biometric screenings and completing the online PHA. Although you are not required to complete the biometric screenings or the online PHA, only employees who do so will receive the movie vouchers.

The information from your PHA and results from your biometric screening will be used to provide you with valuable feedback to help you understand your current health and potential risks. The information may also serve as a basis for referral into the *Diabetes Management Program*, *Prediabetes Weight Management Program*, or other wellness initiatives. You are also encouraged to share your results or concerns with your own doctor.

Additional incentives may be available for employees who participate in other wellness-related activities. Please refer to the wellness website to determine the incentives offered for each program. If you qualify for any of the above mentioned health-related activities, but are unable to participate, you may be entitled to a reasonable accommodation. You may request a reasonable accommodation by contacting the Wellness Coordinator at 352.622.9124.

PROTECTIONS FROM DISCLOSURE OF MEDICAL INFORMATION

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the MCPS Employee Wellness Program and Marion County Public Schools may use the aggregate information it collects to design a program based on identified health risks in the workplace, the MCPS Employee Wellness Program will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for the purpose of providing you with services as part of the wellness program will abide by the same confidentiality requirements. In order to provide you with services under the wellness program, the following organizations or individuals may receive your personally identifiable health information - your physician, your insurance carrier, the biometric screening vendor, and the employee wellness coordinator.

In addition, all medical information obtained through the wellness program will be maintained separately from your personnel records. Any information stored electronically will be encrypted and no information you provide as part of the wellness program will be used in making any employment decisions. Appropriate precautions will be taken to avoid any data breaks, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against by your employer because of the medical information you provide as part of participating in the wellness program, nor may you be subject to retaliation if you choose not to participate.

If you have any questions or concerns regarding this notice or about protections against discrimination and retaliation, please contact the Wellness Coordinator at 352.622.9124.