



WELLNESS INCENTIVE PROGRAM

EARN UP TO \$200

by completing Wellness activities!



You must be an employee and have Florida Blue Medical Insurance through the District to earn points. (1 point = \$1)



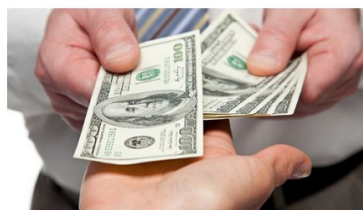
All documentation (claims, exercise logs, gym attendance, receipts, etc.) must be submitted by May 4, 2026



Earn Points between **6/1/2025** and **4/30/2026**.

You must be an active employee at the end of the 2025-2026 school year and be currently enrolled in one of our health plans.

You must receive the last payroll check of the fiscal year in June.



When do I receive my money?

High Deductible Plan 5180/5181/5192/5192

HSA deposit on 6/2026

Co-Pay Plan 5771 - Credit on your 6/2026
paycheck

Payment May Differ on 9,10,11,& 12 month
Employee's

Contact the Wellness Manager: Mark Dionisio
Email: Mark.Dionisio@stlucieschools.org
Phone: (772) 429.3974

"Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Mark Dionisio and I will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status."

Activity	Points (\$)	Date Submitted
Have a biometric screening done at an on-site Health Fair (or you may complete at Quest Diagnostics and complete the Personal Health Assessment online)	50	
Participate in a Tobacco Cessation Program	50	
Annual Physical from Primary Care Physician	30	
Annual Physical from Gynecologist	30	
Exercise at least 12 days per month for at least a total of 30 minutes/day	20	
Complete at least 15 Mindfulness Activities per month	20	
Participate in the Florida Blue Healthy Addition Prenatal Program	20	
Cancer Screening - Breast (mammogram)	15	
Cancer Screening - Cervical (pap smear)	15	
Cancer Screening - Colon (colonoscopy)	15	
Cancer Screening - Prostate or PSA Test	15	
Cancer Screening - Skin	15	
Attend a Health Lecture (up to 4 times a year)	15	
Participate in a Race – 5k/10k, etc. (up to 4 times per year)	15	
Submit a Wellness Success Story (minimum 1/2 page)	15	
Participate in a Webinar (up to 5 times per year)	15	
Blood Donation (up to 5 times per year)	10	
Dental Cleaning (up to 2 times per year)	10	
Vision/Glaucoma Screening (1 time per year)	10	
Immunization - Flu	5	
Immunization - COVID Booster	5	
Immunization - Pneumonia	5	
Immunization - Shingles	5	
Participate in a District- Wide Wellness Challenge (up to 4 times per year)	5	
Chiropractic Adjustments (Up to 5 per year)	5	
HALT Diabetes Program (12 month Program) (Up to 12 per year)	5	

View your points in the Wellness P Custom Form in Skyward!

Ask your Wellness Champion or email Wellness@stlucieschools.org for instructions

Submit documentation to Mark Dionisio in Risk Management (Exercise Tracking Log, gym attendance, Claims & Statements, or statement from doctor) for all activities via email (Wellness@stlucieschools.org) or pony.

<https://www.stlucie.k12.fl.us/health-wellness/>

Documentation is due May 4, 2026

LOCATE HEALTH/PHARMACY/DENTAL CLAIMS & STATEMENTS:

1. Go to Floridablue.com & click “Log-in” (top right-hand corner).
2. Enter your User ID & Password. (If you haven’t registered, click “New Member Registration.”)
3. Click “Claims & Expenses” then “Claims & Statements.” Click on the date of service you would like to view. Click “Print this claim.”
4. At the top of the page, next to “Currently Viewing Your,” click “Dental” in the drop-down box. Follow the above steps for locating Dental Claims & Statements.