

PROGRAM GUIDE



WIN WITH WELLNESS 2025

*Take Steps In A Healthy Direction And
Earn Up To \$200 In Gift Cards*



WELCOME TO THE WELLNESS PROGRAM GUIDE

- At Charter Schools USA, we value our employees and are committed to helping you succeed in all areas of your life, including your health and wellness. The Win with Wellness Employee Wellness Program offers a variety of activities and services designed to support every aspect of your well-being.
- Studies show that a healthy lifestyle helps prevent chronic and life-threatening conditions such as heart disease, diabetes, cancer, and obesity. Engaging in your health provides benefits far beyond financial incentives.
 - Through our programs, you can access valuable educational resources, identify potential health concerns, and develop healthy habits that last a lifetime.
 - We know life can be busy, so we offer convenient and engaging programs that fit your schedule. Program areas include preventive care, lifestyle education, wellness challenges, and rewards for your participation!



Environment Of Health

- For 2025, our goal is to ensure that all employees have access to

opportunities for physical activity, stress management tools, and programs that support healthy behaviors. A supportive environment encourages better health choices and fosters a culture of wellness.

- Be a role model for your family and community.
- Reduce your risk of chronic or life-threatening diseases.
- Look and feel better.
- Have more energy.
- Minimize disease progression.

Wellness Program – We Are In This Together

- Health and wellness should be a priority for everyone—not just

individually, but as an organization. That's why we've implemented the Win With Wellness 2025 program to reward you for making healthy choices. Together, we can become healthier, fitter, and happier.

- These activities are designed to enhance your life without disrupting it. Opportunities include:

- Preventive Exams
- Lifestyle Education
- Wellness Challenges
- Community Involvement

- You'll have many ways to participate, and the resources will help you make informed decisions for yourself and your family.

Eligibility & Timelines

- Employees are eligible to participate in the wellness programs and can earn up to \$200 in gift cards. While spouses can access the wellness platform, they are not eligible to earn points for gift card rewards.

Program Duration: January 1, 2025, to December 31, 2025. All points must be accrued by December 31, 2025.

Rewards

- The Win With Wellness 2025 program rewards you for everyday healthy choices. Alongside the physical benefits, you'll earn points redeemable for gift cards.

Points Level	Reward
2,500 Points	\$25 Gift Card
5,000 Points	\$50 Gift Card
7,500 Points	\$75 Gift Card
10,000 Points	\$100 Gift Card
12,500 Points	\$150 Gift Card
15,000 Points	\$200 Gift Card

- Earn points by completing core components and optional activities.

Core Components (Must Complete):

- Online Health Risk Assessment (HRA)
- Annual Physical Exam
- Wellness Activities

Optional Activities Include:

- Online Courses
- Wellness Challenges
- Daily Steps Tracking
- Financial Assessments
- Fitness Classes
- Journeys and Habits

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Core Components

1. *Online Health Risk Assessment (HRA)*

- The HRA is a crucial part of your wellness journey. It can be completed through our wellness portal or via an external vendor. Completing the HRA on the Win with Wellness platform will personalize your experience by tailoring recommendations and activities based on your unique health profile.

Deadline: December 31, 2025

Max Points: 1,500

2. *Biometric Labs and PCP Visit*

- Schedule your biometric screening and annual wellness exam with your primary care provider. Submit the necessary documentation to earn points.

Deadline: December 31, 2025

Max Points: 3,000

Optional Activities

- Annual Dental Exam
- Dental Cleanings
- Annual Vision Exam
- Mammogram
- Prostate Exam
- Flu Shot
- Preventive Cancer Screenings
- Cardiovascular Screening
- Bone Density Exam
- Hearing Exam
- Kidney & Lung Screening
- Sleep Apnea Screening

Accessing The Wellness Portal

Log in to <https://winwithwellness.livewellness360.com/> to start your wellness journey.

[Click here](#) to watch a video reviewing the steps to register on to portal and access tools such as the HRA, exercise and nutrition logs, online courses, and more.

For assistance or questions, contact the Win with Wellness team at WinwithWellness@CharterSchoolsUSA.com. Let's make 2025 your healthiest year yet!