Step Up SAISD!
To A Healthier You!

THE ROAD TO WELLNESS STARTS WITH A SIMPLE HEALTH ASSESSMENT

HUMANA
Guidance when you need it most

Dear SAISD Team,

I am pleased to announce the kick-off of the **San Antonio Independent School District *Wellness Campaign***. Because you are a valuable part of our team, we are concerned about you and your health. We realize that the growing cost of health care affects you directly. Wellness is an issue that is impacting each of our lives right now and the lives of the ones we care about. This is why we are kicking-off a Summer Wellness program for you and your family.
Step 1: Take an online or telephone health assessment through Humana on May 26 – August 31
Step 2: Register for Virgin HealthMiles at www.virginhealthmiles.com
Step 3: Get Walking with the Steps Challenge Virgin HealthMiles walking program and win Health Cash and prizes

There will be **no cost** to you to participate and all information used will be kept confidential. We ask only for your voluntary participation. SAISD is partnering with Humana and Steps to launch a successful wellness program that involves knowing your risk factors now, taking the steps necessary to prevent future health problems, and being rewarded for living a healthy lifestyle.

I believe each of you will benefit from taking the **Humana Health Assessment**, a brief online or telephone questionnaire about your medical history and current lifestyle. You'll get immediate, tailored steps you can take to improve your health. You will also learn about suggested services you might be interested in, such as one-on-one support from a nurse or a personalized wellness program.

Who: **All SAISD Employees**

When: **Summer 2009**
May 26 – August 31

What: **How the program works**

1. Health Assessment
May 26 – August 31
Go online or call and take the Health Assessment.
You could win a Heart Rate Monitor Watch.
The earlier you take the assessment, the more times you will be entered to win.

2. Register with Virgin HealthMiles at www.virginhealthmiles.com
May 26 – June 6
If you have not already registered with Virgin HealthMiles, this is your second chance to get a free GoZone Pedometer.
Be one of the first 100 employees to register for the Virgin HealthMiles Program and get a free GoZone Pedometer (*offer valid for first time registrants only)

3. 12-Week Steps Challenge from Virgin HealthMiles
Registration May 26 – June 6… Program to run June 8 – August 31
Register for the program and get assigned to a team
Log your steps with your GoZone Pedometer and interact with your team members to get them to walk, too.
12 prizes to be awarded throughout the summer such as:
Wii System Gaming Console and Wii Fit
IPod Nanos and IPod Shuffles
Polar FA20 Heart Monitor Activity Computer Watches
Health Cash Prizes will be awarded to teams who log the most steps

Health Assessment Instructions:

For Humana Members	For Non-Humana Members
Visit www.*my*Humana.com, and log into myHumana click on Health and Wellness Tab on the top right of the screen and select Health Assessment	**Visit www.humana.com/hha Click on Take Assessment Select SAISD in the Employer Tab and enter appropriate information**
OR Call 1-866-444-6096 to access the Health Assessment on the phone in English or Spanish (results will be mailed in 2 weeks)	

Please be assured that your personal health information will never be shared with SAISD, and it won't have an impact on your benefits coverage or rates.

By participating in this wellness and health initiative you're taking the first step toward a healthier lifestyle – and you're doing your part to help our company offer good health benefits at a fair price for a long time. Thank you!

STAY TUNED FOR MORE INFORMATION!

Sincerely,

Robert J. Durón
Superintendent of Schools, SAISD

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