

INCENTIVE PLAN 2021•2022

ELIGIBILITY:

- Employees and spouses on the District's health insurance plan
 - **Register at the link listed below.**
- Deadline to register is August 17, 2021.
Program limited to the first 800 eligible participants.

INCENTIVE PLAN #1

August 1 – October 23, 2021

Requirements:

- Wyoming Health Fairs blood draw (Basic Chemistry Panel)
- Complete Health Assessment on WELLRIGHT ([Lcsd1.wellright.com/](https://lcsd1.wellright.com/))
- View the Wellness Incentive Plan on Safe Schools website, laramie1-wy.safeschools.com under Extra Trainings

Benefit paid out Nov. 30, 2021 paycheck

\$100 Benefit

INCENTIVE PLAN #2

December 1, 2021 – April 30, 2022

Requirements:

- Complete Incentive Plan #1
- Accrue 150 points by April 30, 2021
 1. Complete the exercise and tobacco components (worth 125 points)
 2. Choose additional activities on WELLRIGHT Website (worth 10–25 points)

Benefit paid out in May 31, 2022 paycheck

\$100 Benefit

Register at <https://form.jotform.com/211086602340141>

wellness
LARAMIE COUNTY SCHOOL DISTRICT 1

LYNN FOX, MS, CHES

Wellness Coordinator

Laramie County School District #1

2810 House Ave

Cheyenne, WY 82001

(307) 771-2373 ext. 10249

<http://employee-wellness.www.laramie1.org/>

BLOOD DRAWS FALL 2021

AUGUST

Wyoming Health Fairs
LCSD1 Admin Building
Bus Garage
LCSD1 Admin Building

Tuesdays-Saturdays
Tuesday, Aug. 17
Wednesday, Aug. 18
Friday, Aug. 20

7-10 a.m.
6-8:30 a.m.
6-7 a.m.
7-10 a.m.

611 E. Carlson, Ste 112
Auditorium Stage
Garage
Storey Gym Boardroom

SEPTEMBER

Wyoming Health Fairs
LCSD1 Admin Bldg
East HS
South HS
Central HS
Johnson JHS
McCormick JHS
Pioneer Park

Tuesdays-Saturdays
Friday, Sept. 3
Friday, Sept. 10
Wednesday, Sept. 15
Friday, Sept. 17
Thursday, Sept. 23
Friday, Sept. 24
Thursday, Sept. 30

7-10 a.m.
7-10 a.m.
6:30-9:30 a.m.
6:30-9:30 a.m.
6:30-9:30 a.m.
6:30-9:30 a.m.
6:30-9:30 a.m.
7-9 a.m.

611 E. Carlson, Ste 112
Storey Gym Boardroom
Auxiliary Gym
Auditorium Stage
Auditorium Stage
TBA
Room 217
Stage in Gym

OCTOBER

Wyoming Health Fairs
Carey JHS

Tuesdays-Saturdays
Thursday, Oct. 7

7-10 a.m.
6:30-9:30 a.m.

611 E. Carlson, Ste 112
Conference Room

OPEN DRAWS at Wyoming Health Fairs (611 E. Carlson, Ste 112) throughout the campaign period:
Tuesday-Friday, 7 a.m.-noon and Saturday, 7-10 a.m. (go to <https://wyominghealthfairs.com/appointments> to schedule)

YOU MUST SIGN UP FOR BLOOD DRAW APPOINTMENTS ONLINE

A link to sign up for specific locations/times/dates will be sent out by email to registered participants.
Please bring your Blue Cross Blue Shield insurance card to your blood draw appointment. Make sure to take medications as usual, fast for 10-12 hours, and drink plenty of water before your blood draw.

Please note: Blue Cross Blue Shield will cover only ONE blood chemistry panel per calendar year.

PLEASE BRING BLUE CROSS BLUE SHIELD CARD FOR REIMBURSEMENT

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LARAMIE COUNTY SCHOOL DISTRICT 1

EMPLOYEE-WELLNESS.WWW.LARAMIE1.ORG

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Wyoming Health Fairs / Wellness Health Fairs
A Path to a Healthier You...

WYOMINGHEALTHFAIRS.COM