

Welcome to the MISD Wellness Program! Please carefully review this handout and complete the three easy steps below (**within 30 days of your hire date**) to receive the discounted health insurance rate. *If you do not complete the following steps, your rates will increase.*

STEP 1. Register Your Account (required)

From your Computer, Smartphone or Tablet

- Go to www.midlandisdwellness.com
- Click "**Wellness Log In**"
- Click "**Create an Account**"
- Choose "**Employee**"
- Enter your **Employee ID #** and **Date of Birth**
- Follow the prompts to complete the registration process

From Your MyMISD App

- Click "**Register And Save**" OR "**Log into Midland ISD Wellness**"
- Click "**Create an Account**"
- Choose "**Employee**"
- Enter your **Employee ID #** and **Date of Birth**
- Follow the prompts to complete the registration

STEP 2. Complete the New Hire Video and Health Risk Assessment (required)

- To complete the video, click the "**New Hire Video**" icon on your welcome page
- Enter your information in the guestbook and begin viewing the video
- From your wellness welcome page click the red "**New Hire HRA**" icon
- Follow the prompts to complete the questionnaire

STEP 3. Complete a Coach Call (required)

- Once you have completed your HRA, simply dial **806-765-7265** to schedule your coach call with an iaWellness Registered Nurse. Our nurses are eager to help you achieve your personal health goals!

Earn points (optional)

Earning points is a great way to stay on track and meet your health goals!

- Go to: www.midlandisdwellness.com or use your **MyMISD App**
- Log in to your account with your ID and password
- Hover over "**My Activities**" at the top of your welcome page and click "**My Points**"
- Select the healthy choice you would like to record
- Enter the date of the event and click "**Submit**"

Your health plan is designed to help you achieve your best health. Rewards for participating in a wellness program are available to all employees. 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 iaWellness at 806-765-7265 and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

FREE Additional Resources!



Wellness Points

25 Points

- Attend a wellness event or fair
- Use an exercise tracking device or app (1/mo.)
- Gym or home exercise log (1/mo.)

50 Points

- View the wellness video*
- Dental exam
- Bone density screening
- Cancer screening
- Community race/ 5k
- Midland Wellness Tour
- Flu shot
- Mammogram
- Eye exam
- Organized sports event

75 Points

- Pap or Well Woman exam
- PSA test (males only)
- Become CPR/First Aid certified
- Annual physical
- 1 hr. of community service

100 Points

- Schedule a wellness screening*
- Quarterly challenges*
- Quarterly educations*
- Colonoscopy
- Donate blood

125 Points

- iaWellness coaching session*
- Participate in 10k/ Marathon

150 Points

- Download the MyMISD App*

**Awarded by iaWellness*



Free Wellness Coaching

You have **FREE** access to a Registered Dietitian, Exercise Specialist, and Registered Nurses through the Midland ISD wellness program. Our qualified health professionals are eager to help you meet your goals and understand your health!

Coaching includes:

- Nutrition counseling
- Accountability and encouragement
- Healthy lifestyle tips
- Exercise advice

Management of:

- Diabetes
- Heart Disease (Blood Pressure, Cholesterol)
- Metabolic Syndrome
- Weight Loss

Simply dial 806.765.7265 or 877-765-7265 to schedule a call!



Wellness Educations & Challenges

Stay accountable! Our educations and challenges will help educate and motivate you to stay on track to reach your health goals. We offer fun and engaging challenges and educations throughout the year to cover a wide variety of healthy topics. Stay tuned for more information regarding upcoming challenges and educations!

If you have any questions regarding the Midland ISD wellness program, please contact iaWellness:

P | 806-765-7265 **Toll Free** | 877-765-7265

E | info@iawellness.com

