

Waco ISD Wellness Program



We are excited to announce our new wellness program for employees covered under the UHC medical plan.

By participating in this program, employees will be eligible to have their name entered into a drawing for a chance to win a prize including: 5 FitBit Versas, 10 FitBit Charges and various \$50 gift cards. For each item completed you can earn an entry into the drawing to win a prize with a max of three entries per employee.

In order to be eligible to win a prize, employees must complete THREE out of the FIVE health actions:

- Required annual physical/wellness examination* (Includes services received April 1, 2018– April 1, 2019)
- Rally Missions (complete 3)
- Rally – Health Cost Estimator
- Rally – Health Survey
- 2 Telephonic Health Coaching sessions with UnitedHealthCare Health Coach

Must complete by April 1st 2019. (active employees only)

Rally - To get started on Rally please go to www.myuhc.com and click on Rally.

Health Coaching - sessions are 15-30 minutes and by appointment only. Please email rene_urteaga@uhc.com to schedule your appointment.