



# Benefit News

## April 2019



### Wellness Program Pays \$260 - \$520

Employees enrolled in any of the three U-46 health plans earn \$260 for reaching 100% completion -and an additional \$260 for a spouse reaching 100% completion - of specific wellness activities which are tracked in the UHC Rally Health and Wellness portal. Available activities are based on age and gender. Activities to earn a 2019 wellness incentive must be completed between 1/1/2019 and 12/31/2019.

Check out the detailed [instructions on how to register and navigate the Rally Health and Wellness portal.](#)

#### Incentive Payout Schedule

Quarterly payouts will be made for those reaching 100% in Rally Rewards according to the following schedule.

100% Rally Completion	Incentive Pay Date
1/1/2019 – 3/31/2019	5/17/2019
4/1/2019 – 6/30/2019	8/23/2019
7/1/2019 – 9/30/2019	11/15/2019
10/1/2019 – 12/31/2019	2/21/2020

You must be an active employee at the time of the payout to receive the incentive. You will see the incentive listed on your paycheck advice under the Earnings section. Login to [Munis Self-Service](#) – click on the Pay/Tax Information tab, select a pay date by clicking “Details” and the credit is listed under Earnings section on the advice, and also under the Pay Breakdown section. The pay code is abbreviated “WI” for “Wellness Incentive.”

### Maternity Support Program



Expecting an addition to the family? Enroll in UHC’s free [Maternity Support Program](#) by calling **(877) 201-5328**.

You will have access to your own personal maternity nurse who can help with things like choosing a doctor or midwife; information to help you take care of yourself and the health of your baby ( even if your pregnancy is considered high risk) and support to manage your physical and emotional health before and after your baby is born. Hours are Monday-Friday, 7a.m. – 6 p.m. CST.

### Support Your Healthy Lifestyle Goals

Several area clubs and park districts offer discounts based on your employment with School District U-46:

- The Centre of Elgin offers a 15% discount
- Streamwood Park District offers resident rates to U-46 employees
- Carol Stream Park District offers resident rates to U-46 employees who work in Carol Stream
- Hoffman Estates offers corporate membership rates at Prairie Stone Sports and Wellness Center
- Bartlett offers U-46 staff discounts at [Lifecenter](#)

Also check out [fitness discounts](#) available from UHC on [www.myuhc.com](#) or [Perkspot](#) for discounts with Snap Fitness, LA Fitness, Anytime Fitness, Gold’s Gym & Curves.



### U-46 Real Appeal participants lost 4,721 pounds since 2017!

The Real Appeal Program can help you meet your weight loss by introducing small changes over time that lead to healthier habits and lasting weight loss. *It is FREE to all eligible U-46 employees, spouses and dependents 18+ on the UHC plan with a body mass index (BMI) of 23 or higher.*

You get tools, resources, a personal transformation coach, a success kit, online resources and an app for your phone. Get started today at [u-46.realappeal.com](#) or calling 844-344-7325. If you were enrolled before, you may participate again this year. **Those who enroll and complete at least 9 coaching sessions in 2019 will earn 30% credit towards their 2019 wellness incentive.** Completion will be tracked in the Rally health and wellness portal.

### Reminder for 21-Pay Employees

Employees not normally paid over the summer will not have benefit deductions withheld from the April 19, 2019 paycheck since this pay period has less hours and includes the week of Spring Break. Regular benefit deductions will resume on the May 3, 2019 paycheck.

### Onsite Customer Service

A representative from UHC is available to meet to discuss claims or benefit issues. Email [Benefits@U-46.org](#) for an appointment **Thursday, April 18<sup>th</sup> or Thursday, May 23<sup>rd</sup>**.