

Choose Healthy EACS

2025 EACS Wellness Premium Credit



This document highlights details and rules for *the Wellness Premium Credit* employees can earn in 2025.





2025 Wellness Premium Credit



EACS employees enrolled in a medical plan can save on their medical premium contributions by participating in the 2025 Wellness Rewards Program. Participants who fulfill the 2025 Wellness requirements by the deadline of **December 31, 2025**, will receive a \$200 Wellness Premium Credit. Your results are protected by Federal Law and will remain confidential. The district will only be notified of your participation if you have completed all required actions within the program. Failure to participate does not render you ineligible for medical plan coverage. If you have questions, please contact parkviewworkplacewellness@parkview.com.

Wellness Rewards Timeframe January 1, 2025 – December 31, 2025

Participant Eligibility:

Who can participate in 2025? An employee enrolled in a medical plan offered by East Allen County Schools. Each of the three (3) steps must be completed to earn the Wellness Premium Credit.

Participant Required Actions:

Step 1:

Complete a wellness screening which includes total cholesterol, LDL cholesterol, HDL cholesterol, hemoglobin A1C, triglycerides, height, weight, waist circumference and blood pressure. Participate in an EACS On-site Wellness Screening **OR** download a *Healthcare Provider Verification Form* for completion by your healthcare provider and submit to parkviewworkplacewellness@parkview.com

Step 2:

Complete an Online Health Risk Assessment. Your Online Health Risk Assessment will be available after creating your personal wellness portal or by simply logging into your EACS Wellness Portal.

Step 3:

Earn **8 Activity Points** by December 31, 2025. *Activity Points* are designed to reward and encourage your involvement in enhancing your lifestyle! From the several opportunities listed, choose the opportunities that work for you.

Participant Resources:

1. Each participant will need to complete a wellness screening. You can fulfill this requirement in one of two ways: by participating in an EACS On-site Wellness Screening event (schedule of screening will be announced in the Spring); **OR** by having your healthcare provider conduct the required biometrics (height, weight, waist circumference & blood pressure) and blood work (total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides, and hemoglobin A1C). All of the requirements listed above are **required** for your submission. If any value is missing, you will be asked to resubmit with all information provided.

If you choose not to participate in an EACS On-site Wellness Screening, your healthcare provider must complete a *Healthcare Provider Verification Form*. **This is at your own cost.** Submit your *Healthcare Provider Verification Form* along with your lab results to parkviewworkplacewellness@parkview.com by December 31, 2025.

Download your *Healthcare Provider Verification Form* at <http://www.eacs.k12.in.us/>. Once at the EACS homepage, select:

Documents

Departments

Human Resources

Wellness

2. It's simple - Earn **8 points** by participating in various activities. The chart below outlines all the different activities that you can complete to earn points. To earn points, submit the requested documentation to parkviewworkplacewellness@parkview.com by **December 31, 2025**. "Any form of documentation" refers to showing your activity participation (EX: receipts, summary, or any form stating your participation)

Required Activities	Definitions and Required Documentation	Point Value
<p>Complete a wellness screening and the online health assessment.</p> <p>*Complete these activities to be eligible for the premium credit.</p>	<p>Participate in an EACS On-site Wellness Screening OR download a <i>Healthcare Provider Verification Form</i> for completion by your healthcare provider.</p> <p>Your Online Health Assessment will be sent to you following the creation of your EACS personal wellness portal. This can be found using this link: https://eacswellness.personalhealthportal.net/</p>	<p>1</p> <p><i>*Earn one point for each activity</i></p>
Activity Point Choices	Definitions and Required Documentation	Point Value
<p>Health Maintenance Activities</p>	<p>Colonoscopy Dental Exam Eye Exam Flu Shot or other vaccine Heart Smart CT Scan Mammogram Pap Routine Physical Exam Skin Check Chiropractor Sleep Study Dexa Scan</p>	<p>1</p> <p><i>*Earn one point for each activity</i></p>

Health Management Activities	<p>Complete a Disease Management Program (YMCA Diabetes Prevention Program, etc.)</p> <p>Complete a Weight Loss Program (Weight Watchers, True Wellness Weight Loss Solutions, Working with a Dietician, etc.).</p> <p>Review your wellness screening results with a Wellness Coach.</p> <p>Submit any form of documentation</p>	<p>2</p>
Science of Happiness IDOE Course	<p>Completion of this program will award you 3 wellness credits. Please submit your certificate of completion. The course can be found at: https://moodle.doe.in.gov/course/index.php?categoryid=51</p>	<p>3</p>
Mental and Emotional Health Activity	<p>Appointment with a counselor or therapist</p> <p>Massage Therapy Session</p> <p>Meditation Class</p> <p>Yoga Class</p> <p>Breathing Class</p> <p>Stretching Class</p> <p>SEL Session</p>	<p>1</p> <p>*Earn 1 point per meeting</p>

Activity Point Choices	Definitions and Required Documentation	Point Value
Get CPR Certified	Submit CPR certification card	2
Donate Blood or Plasma	Submit any form of documentation	1
Volunteer your Time	Volunteer for a non-profit organization. Email parkviewworkplacewellness@parkview.com a photo or brief explanation of what you accomplished.	1
Meet with Financial Advisor	Submit any form of documentation for proof	1
Participate in a community-based walk or run	EACS Sponsored events will earn you 2 wellness points per activity Submit any form of documentation	2
Coach or volunteer a youth sport or intramural program	Email parkviewworkplacewellness@parkview.com proof	1 <i>*Earn one point per sport</i>
Participate in a building or district wellness challenge	Participate in a wellness challenge organized by Parkview If you organize your own wellness challenge for your building, you may earn 1 additional wellness credit for a total of 2!	1 or 2 <i>*see description</i>
Fort4Fitness	Participate in any of the following Fort4Fitness events: <ul style="list-style-type: none"> - Fort4Fitness Spring Cycle - Run Wild! Zoo Run - Summer Sunset Relay - Fort4Fitness Fall Festival - Winter Wonder Dash Participate in any EACS sponsored run/walk activity to earn 2 points Email parkviewworkplacewellness@parkview.com to confirm activity	2 <i>*Earn 2 points for each event</i>

Activity Point Choices	Definitions and Required Documentation	Point Value
Walk with EACS in a Community Parade	<p>Walk with EACS in a Summer Community Parade:</p> <ul style="list-style-type: none"> - Grabill Days - Harlan Days - Hoagland Days - New Haven Summerfest - Monroeville Days - McMillan Summerfest <p>Each community parade will take place during the Summer of 2025. As each parade draws near, Tamyra Kelly will email the day, time and EACS meeting place for each parade.</p> <p>Email parkviewworkplacewellness@parkview.com to confirm participation</p>	<p>2</p> <p>*Earn 2 points for each parade</p>
No more than 5 Personal Illness Days taken in a calendar year	No documentation required	2
Wellness Coaching	<p>Participate in ongoing wellness coaching with a Parkview Wellness Coach (minimum of 3 sessions).</p> <p>Email parkviewworkplacewellness@parkview.com to schedule your appointment.</p>	3
Log Activity Minutes	<p>Log a total of 5,000 Physical Activity Minutes before December 31, 2025. Start today and <i>average just 20 minutes a day to reach 5,000 minutes.</i> (Activity log is located at EACS website)</p> <p>Email your completed log to parkviewworkplacewellness@parkview.com</p>	3