

September 5, 2017

Dear School District 214 Employee:

As we begin the new school year, it's important to think about our health. District 214 and Northwest Community Healthcare (NCH) recognize you as the most valuable asset to education. Therefore, we are pleased to provide you and your family members over the age of 18 the opportunity for preventive health and wellness screenings at your work location.

Why should you participate in the upcoming preventive health screenings and Wellness Day at your school? First and foremost, preventive health screenings may identify potential health problems in the early stages, when they may be easier to treat.

In addition:

- Screenings may act as a springboard for you and your healthcare provider to develop a proactive approach to address current health challenges and to prevent new problems from occurring in the future.
- District 214 and NCH have made the process completely confidential. Your health screening results are never shared with another party.
- It is convenient. If you are unable to participate at any of our schools, you are also eligible to receive these services at any of the four NCH treatment centers for the same price.
- The District's PPO Plan is administered by Blue Cross/Blue Shield of Illinois. Your wellness benefit provides for an annual physical exam including routine preventive screenings and diagnostic tests, such as those provided within the scope of this program.
- In the event you are not covered by D214 BCBS PPO, you are still eligible to participate in the District's Wellness Program. Please email Christine Kolzow at ckolzow@nch.org to register. If you have elected to participate in the "Flexible Spending Account," you can submit a claim to Allied Benefit Systems, Inc. for reimbursement. Be sure to obtain an itemized receipt for services rendered.

Similar to last year you can view your lab results via NCH MyChart a secure patient portal. If your physician is with NCH, and you inform him or her about your participation in the program, he or she will also have access to view your results. See the attached flyer for details. NCH will not be mailing results.

Finally, NCH will be providing a light snack for all participants. There will be a piece of fruit, granola bar, and water for you to enjoy after your screening.

The district and individual building wellness committees urge your continued support of and participation in the various wellness testing, fitness activities, and other related programs made available to you in your building.

Congratulations on being proactive with your health,

Your District 214 Wellness Committee

Attachments:

Wellness Days schedule

Preventive Health and Wellness Screenings 2017

Online Registration directions

MyChart Flyer