

# Wellness

This school year, we introduced a new Wellbeing Incentive Program in partnership with MercyOne. Staff members who complete all required items on the form below by May 31, 2025, will receive a \$100.00 Wellbeing Incentive in their June paycheck.

In June 2024, we offered biometric screenings to staff members and their spouses at no cost. A total of 108 participants took part and staff who participated received a \$75 wellness bonus.

This year, we are offering the biometric screening again on Friday, February 21, for staff and their spouses, free of charge. We hope to see even more participants this year.

- Biometric Measure:**
- Total Cholesterol
  - HDL
  - LDL
  - Triglycerides
  - Blood Glucose
  - Blood Pressure
  - Waist Circumference
  - BUN and Creatinine
  - GFR
  - Calcium
  - A/G Ratio
  - Iron
  - Uric Acid
  - Complete Blood Count
  - Platelets

**MERCYONE.**

2024-2025 Indianola Community Schools Requirement Checklist  
Program runs from September 4, 2024, through May 31, 2025  
Preventative exams completed between June 1, 2024 - May 31, 2025, accepted.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ Email address \_\_\_\_\_

The information you are submitting may be shared in aggregate form with your company for the sole purpose of administering wellness programming services or to conduct other wellness activities as permitted by law. MercyOne Business Solutions will maintain the confidentiality of your personally identifiable information and will only release personal information as permitted by law for the sole purpose of wellness program administration. At no time will your Personal Health Information (PHI) be shared with your company or an agent of your company. I authorize my data to be uploaded for incentive purposes.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please complete each item below:**

**Participate in the on-site Biometrics or get a physical with Biometrics:**  
Lipid Panel and Glucose required. If you do your biometrics at your Physician's office, submit the Physician Form.

Date Completed \_\_\_\_\_

**Annual Eye Exam:** Date Completed \_\_\_\_\_

**Annual Dental Exam:** Date Completed \_\_\_\_\_


**Watch the MercyOne provided "Stress Busters" Video:**

Date Completed \_\_\_\_\_

**Watch the Benefit Source Inc. provided "Employee Resources" Video:**

Date Completed \_\_\_\_\_

Once completed submit one of two ways:  
Fax: 515-358-9294  
Scan to: [corporatehealth@mercyoneiowa.org](mailto:corporatehealth@mercyoneiowa.org)



**Grief Sensitive Training for staff**  
While resources are focused on helping students, the training can also be applied to personal situations as well.

- ICSD offers an Embedded Employee Assistance Program (EAP) Under our EAP staff can receive no-cost, confidential help for a wide variety of needs and concerns:
- Alcohol or Drug Addictions
  - Anxiety
  - Childcare
  - Depression
  - Eating Disorders
  - Eldercare
  - Family Conflict
  - Financial or Legal Concern
  - Marital Difficulties
  - Parenting Concerns
  - Problem Gambling
  - Relationship Problems
  - Stress Management