



ARLINGTON ISD

Wellness!

Live better and achieve your personal health goals.

Employee Wellness Program

The AISD wellness program is a vital part of our overall benefits program. AISD partners with PowerofVitality.com Wellness to bring you the latest health and wellness resources.



Wellness Incentive Reward



New hires receive a \$51 monthly wellness credit toward their medical premium. The wellness program is run on a point system. Participants continue to receive the monthly wellness credit each year if they reach Vitality **GOLD STATUS** (6000 points) before July 31st.

All Employees Can Participate!

Arlington ISD employees are automatically enrolled in Wellness! Participation is free for all employees.

To get started, register your Arlington ISD employee wellness account: Visit PowerofVitality.com or download the pink Vitality app and follow the instructions.

Health Education

Get More Active

Health Screenings

Eat Better

Reduce Stress

Health Assessment

Improve Sleep Health

Fun Activities

Mindfulness

Health Coaching

Team Challenges

Prevention