



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 Go365 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 Go365 **SILVER STATUS** (5000 points) before July 31st.

All Employees Can Participate!

Medical plan participants are automatically enrolled in Wellness! Employees waiving medical coverage must select Wellness during enrollment. To join Wellness during the plan year, send an email to HRbenefits@aisd.net. Participation is free for all employees.

Once enrolled, Go365 will mail out a member ID card with instructions for getting started.

Health Education

Get More Active

Health Screenings

Eat Better

Reduce Stress

Health Assessment

Improve Sleep Health

Fun Activities

Mindfulness

Health Coaching

Team Challenges

Prevention