



School Health Advisory Council

April 3, 2017



Agenda

Review of Charge

Review of Packet

Meeting # 3 Review

Information Session 4:

- Staff Wellness Promotion
- Parent & Community Involvement

Other Information Requested

Next Meeting: April 17, 2017



The Charge



Committee Role:

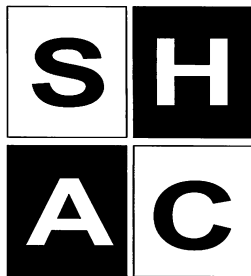
- Assist the District in ensuring that the local community values are reflected in the District's Health Education Instruction.



Committee Goals:

- Review and consider evidence-based strategies and techniques and develop nutrition guidelines and wellness criteria.
- Develop a wellness plan to implement the District's nutrition guidelines and wellness criteria.

School Health Advisory Council



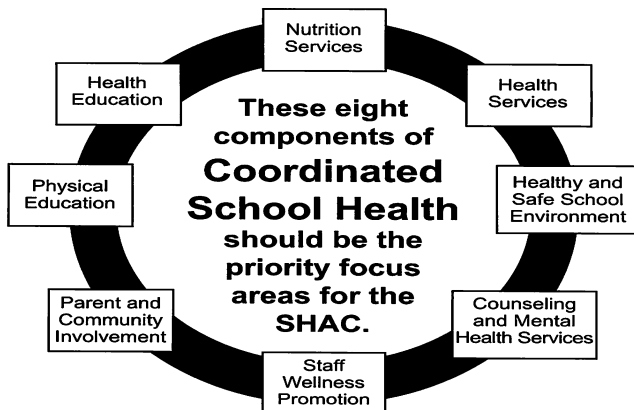
A Guide for Texas School Districts

This guide is designed for:

- School districts
- School board members
- Any community member
- Other stakeholders interested in SHACs

This guide focuses on:

- Basic principles of the SHAC
- Function of a school district SHAC
- Recruitment & orientation of new SHAC members





Meeting #3 Review

- Introductions
- Reviewed the Charge to the committee
- Presentation on Food & Nutrition Services
- Presentations on Counseling Services and Student Support Services



Information Sessions

Scott Kahl

Assistant Superintendent-Human Resources

Aaron Perales

Director-Parent & Community Engagement

The logo for Arlington ISD is located in the top left corner. It features a blue star shape composed of several stylized, overlapping 'A' characters.

Staff Wellness Promotion Arlington ISD

*Scott Kahl
Assistant Superintendent, Human
Resources
April 3, 2017*

SORRY KIDS, I BELIEVE
IN FAMILY VALUES. SO...
IT'S OFF TO SPEND
ALL MY TIME WITH
STRANGERS AND
ENEMIES.



SLANE



Wellness Program - Coming Soon!

In the Arlington ISD, we care about your health and well-being. We believe wellness should be an integral part of our benefits program, and we are excited to offer a Wellness Program to all employees who opted into the program beginning January 2015.

The Arlington ISD has partnered with Viverae, an innovative wellness program provider, in delivering a fun and engaging experience for each participant through a secure website that offers a variety of health tools, nutrition and physical activity trackers, and educational resources.

Stay tuned for more details about the Wellness Program.

Point System

The health management program is run on a point system. You will earn points throughout the year for completing certain program activities. If you earn 200 points before 8/31/16, you will be eligible to continue receiving \$20 per month off of your monthly health insurance premium.

AISD Wellness Program	
ASSESSMENTS	POINTS
Biometric Screening (Required)	50
Member Health Assessment (Required)	50
PREVENTIVE CARE COMPLIANCE	POINTS
Preventive Care Compliance (Required)	50
PROGRAM ACTIVITIES	POINTS / MAX
Employer Challenges	15 each / 45 max
Online Courses	10 each / 30 max
Webinars	5 each / 30 max
Questionnaires	5 each / 45 max
Targeted Programs	15 each / 45 max
Healthy Events	5 each / 15 max
Program GOAL	200

Failure to reach the goal of 200 points by 8/31/16, will result in your \$20 monthly incentive being removed.



Frequently Asked Questions

What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed with a variety of highly trained customer care representatives, health professionals and clinicians, including health and exercise specialists and registered nurses and dietitians.

How do I get help from the Viverae

Health Center?

There are two ways to contact the Health Center – via secure email message or by phone.

- » You can send a secure message online at www.aisdwellnessprogram.com to your coach by selecting the Inbox link at the top of the screen
- » Call toll-free, by dialing 888-VIVERAE (848-3723)

The Viverae Health Center hours are as follows:

Monday – Thursday: 7 a.m. – 7:30 p.m. CT
Friday: 7 a.m. – 6 p.m. CT
Saturday – Sunday: Closed
Closed holidays

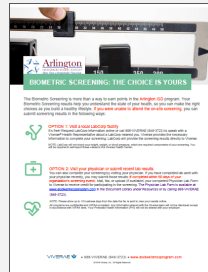


WELLNESS PROGRAM

2015 - 2016

Wellness Update

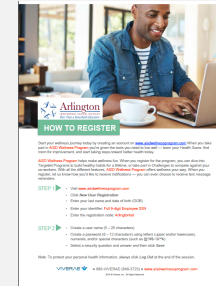
- **Wellness/Viverae Communications**
 - Biometric Screening Reminder and How to Register flyer to go out with each challenge
 - Second challenge of 2017 “Step Ahead Challenge” sign up started 2/27/17, actual challenge starts on 3/13/17
 - District announcement went out Monday February 27th



Biometric Screening
Reminder Flyer



Step Ahead Challenge



How to Register Flyer



BIOMETRIC SCREENING: THE CHOICE IS YOURS

The Biometric Screening is more than a way to earn points in the **Arlington ISD** program. Your Biometric Screening results help you understand the state of your health, so you can make the right choices as you build a healthy lifestyle. **If you were unable to attend the on-site screening**, you can submit screening results in the following ways:



OPTION 1: Visit a local LabCorp facility

It's free! Request LabCorp information online or call 888-VIVERAE (848-3723) to speak with a Viverae® Health Representative about a LabCorp nearest you. Viverae provides the necessary information to complete your screening. LabCorp will provide the screening results directly to Viverae.

NOTE: LabCorp will not check your height, weight, or blood pressure, which are required components of your screening. You will be required to self-report these values to the Viverae Health Center.



OPTION 2: Visit your physician or submit recent lab results

You can also complete your screening by visiting your physician. If you have completed lab work with your physician recently, you may submit those results **(if completed within 90 days of your organization's screening event)**. Mail, fax, or upload (if available) your completed Physician Lab Form to Viverae to receive credit for participating in the screening. The Physician Lab Form is available at www.aisdwellnessprogram.com in the Document Library under Resources or by calling 888-VIVERAE (848-3723).



NOTE: Please allow up to 10 business days from the date the fax is sent to view your results online.

All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.



BE ACTIVE CHALLENGE

SIGN-UP: 1/2/2017

CHALLENGE STARTS: 1/16/2017

CHALLENGE ENDS: 2/12/2017

15 WELLNESS POINTS EARNED IF COMPLETED



Arlington
INDEPENDENT SCHOOL DISTRICT
Idar Thanu Enmarkkibi Education

Take small steps toward better health with the Be Active Challenge.

Breaking a sweat with moderate or vigorous daily, physical activity is recommended by doctors, but every little bit helps. Sneaking more activity into your day can get your heart beating and help lower your risk of some chronic diseases



HOW IT WORKS:

Give yourself one point for each day you:

- Take the stairs instead of an elevator or escalator
- Skip the drive-thru window and go inside instead
- Park farther away from your building entrance
- Do at least 30 minutes of physical activity

The goal: reach 20 challenge points to earn 15 program points.

Daily max challenge points: 1 per day



Register and track your progress on the www.aisdwellnessprogram.com dashboard under the *Well-being* section.

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

* Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Sugar Smasher Challenge



SUGAR SMASHER CHALLENGE

Sign-up: **06/06-06/20** » Challenge Starts: **06/13** » Challenge Ends: **07/11** » **15** wellness points earned if completed



The **Arlington ISD** Sugar Smasher Challenge is a four-week individual challenge that reduces your intake of empty calories.

Empty calories contain no vitamins, minerals, or nutrients. Most high-sugar foods and drinks provide empty calories. Healthier foods, like whole grains, fruits, vegetables, and low-fat dairy products, provide a more balanced diet.

A diet without "empty" calories may help stabilize blood sugar for those at risk for or with diabetes.

How the challenge works:

Award yourself one point each day you avoid any of these high-sugar snacks:

High-Sugar Foods*

» brownies » candy » donuts » pies
» cakes » cookies » ice cream » pudding

High-Sugar Beverages*

» soda » fruit juice » energy drinks like Gatorade®
» lemonade » Kool-Aid® » sweet tea

*Sugar-free foods, drinks, and artificial ("non-nutritive") sweeteners, such as Equal®, SPLENDA®, or NutraSweet® are permitted.

Your goal: reach 20 challenge points to earn 15 wellness points.

Challenge Sign-up:

- » Log on to www.aisdwellnessprogram.com. Scroll down to the *Challenges* section
- » Click *Go to Challenges* to display details around dates, challenge goals, disclaimers, and sign up for current challenges

Challenge Tracking:

- » Log on to www.aisdwellnessprogram.com.
- » Track your progress from the *Challenges* section of the homepage



Questions about this challenge or your wellness program?

Call 888-VIVERAE (848-3723).

All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your. Protected.



08.22.2016



DALLAS – August 23, 2016 – Viverae[®], a leader in workplace wellness technology, is proud to introduce a sleek new mobile app and desktop interface, creating a fresh and improved user experience. With a personalized, highly intuitive homepage and mobile-first technology, members can not only easily manage their well-being at work, but also in their everyday lives outside of corporate walls.

The portal's modern look and feel invites members to personalize their journey—from wellness to well-being—by setting goals of their choosing, including physical fitness, sleep, diet, and nutrition. Updated navigation offers members easy access to health assessments, health scores, health ages, and biometric results, as well as simple tracking of wellness program progress. Members can also sync devices or join and record progress in company-wide or personal challenges. Gamification and opportunities to earn badges provide fun and consistent motivation to keep members engaged.

Ultimately, the platform's architecture cultivates an easy-to-use, entertaining environment while maintaining clinical roots. Activities educate on lifestyle risks and motivate users to improve daily health habits that result in true behavior change. The new experience embodies Viverae's philosophy of offering a comprehensive approach to wellness that balances culture and care.

Reply Reply All Forward



viverae=viverae.com@myviverae.com on behalf of viverae@viverae.com

SCOTT KAHL

12/15/2016

Make this your year with a personal Health Coach



Hey there,

The year is full of possibilities! So much will happen through the course of your wellness program! Maybe this is the year you'll tackle those health improvements you've been considering. Maybe you'll set some goals and fight to accomplish them.

Did you know your wellness program already includes a personal Health Coach who can help you make this the year for change? He or she is already assigned to you, just waiting to dive in and make this THE year!

Take advantage of our highly trained health professionals, who are specialized in a wide variety of areas, including stress management, nutrition, fitness, and a variety of other health topics. Are you dealing with weight issues? Or, would you like help with specific health risks? That's what your Health Coach is here for - trained and ready to tackle these issues with you! They will also review your completed Biometric Screening results, help set health goals, and provide accountability to help you reach those goals.

Just shoot your Health Coach a secure message or call our Health Center to get connected. Don't put off their help any longer - get the most from your wellness program and improve your health.

We're here for you!

Your Coaching Team



MEMORANDUM

TO: All AISD Employees

FROM: Denebra Johnson
HR Manager – Compensation, Benefits, and Culture

DATE: June 2, 2016

SUBJECT: Wellness Program

MHA and Biometric Reminder:

Don't Forget! You can still complete your Member Health Assessment (MHA) and Biometric Screening. Meeting these program requirements now can help you earn points toward your Wellness incentive!

MHA

To complete you're MHA: Log in and Finish It! Complete your Member Health Assessment (MHA) now to earn points toward your Wellness incentive. Why wait? It only takes 10 minutes!

In order to qualify for the AISD Wellness program incentive for 2016, you are required to participate in a Member Health Assessment (MHA), Biometric Screening, and Preventive Care Compliance and earn a total of 200 points by August 31, 2016. Visit www.aisdwellnessprogram.com for additional program information.

Screening

To sign up for a Wellness First Biometric Screening:

1. Log into www.aisdwellnessprogram.com
2. Click Events
3. Click View All events
4. Select event and complete registration process.

Already signed up?

1. Check that your reminder is on your Outlook calendar
2. Prepare for the screening by fasting 9-12 hours prior to being tested

Missed your Wellness First Onsite event?

1. Sign up for a new onsite time above or Log into www.aisdwellnessprogram.com
2. Click Resources
3. Download the [2015-16 Arlington ISD Physician Lab Form](#).

In order to qualify for the incentive for 2015-16, you are required to participate in a Member Health Assessment (MHA), Biometric Screening, and Preventive Care Compliance and earn a total of 200 points by August 31, 2016. Visit www.aisdwellnessprogram.com for additional program information.

Mammography Services

Mobile Screening Digital Mammography

Hosted by

ARLINGTON ISD

Monday, March 20, 2017 ~ 11a-4p
Administration Building

Monday April 3, 2017 ~ 10a-6p
Professional Development Center

Monday, April 17, 2017 ~ 1p-5p
Professional Development Center

We understand that life is hectic, so we've made time for you to receive this life-saving screening! Darlene G. Cass Mobile Womens' Imaging Center has scheduled a Digital Mammogram day exclusively for you.

ARLINGTON ISD ADMINISTRATION BUILDING EMPLOYEES

Passport Health/North Texas Flu Shots will be providing on site vaccination for your location on 10/14 from 7:30am to 9:30am

To sign up please go to <https://www.passageware.com/ClinicSignUp/Arlington/>

We are able to accept the following insurance:

- TRS-ActiveCare – Aetna – all plan levels covered at 100%
This includes the Scott and White plans
- Blue Cross Blue Shield
- Baylor Scott & White
- Aetna** - other than TRS ActiveCare
- United Health Care
- Cigna*
- Humana
- Medicare and Medicare Supplements (Flu shots only)

We are unable to accept HMO plans with the exception of the TRS ActiveCare HMO (Baylor Scott & White).

*We are unable to accept Cigna Local Plus plans.

**We are unable to accept Aetna Gold, Silver or Bronze plans

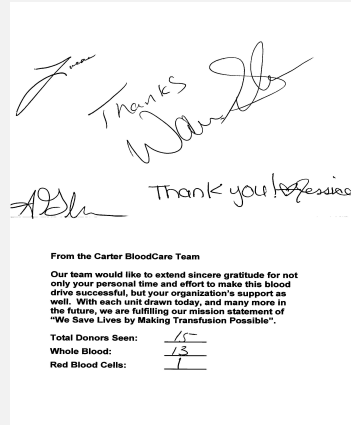
Most plans cover immunizations at 100%. Please see the consent form for known exceptions.

We will have the following vaccines available:

	<u>With insurance</u>	<u>If you do not have an accepted insurance</u>
Quadrivalent Flu Shot	No charge	\$28
Tetanus Diphtheria with Pertussis	No charge	\$70
Hepatitis A	No charge	\$75
Hepatitis B	No charge	\$75
Pneumonia (Pneumovax23)	No charge	\$80
Pneumonia (Prenar		
Meningitis		
MMR	No charge	\$68
B12 Shot	\$17	\$17

AISSD Blood Drive

- AISSD hosted Carter Blood Drive on February 27, 2017
- Total Donors = 15 which equates to touching 48 lives





ACHIEVE TODAY.



EXCEL TOMORROW.

2016-2021 STRATEGIC PLAN

2ND ANNUAL EARTH DAY FUN RUN 1 MILE AND 5K APRIL 11

Celebrate Earth Day by participating in the 2nd Annual AISD Earth Day Fun Run benefiting the AISD Energy Management Program activity fund. The 1-mile run/walk and 5K run/walk will be on Saturday, April 11, at River Legacy Park. [Click here to register online](#) or [click here for a paper registration form](#). Please mail your paper registration form to:

Arlington ISD Plant Services

Attn: Shauna DiBella

1201 Colorado Lane

Arlington, TX 76015

Make checks payable to: Arlington ISD

The race-day schedule will be as follows:

7 a.m. Late Registration

8 a.m. 1-mile run/walk

8:30 a.m. 5K run/walk

9:45 a.m. Awards

Packet pickup is from 7 a.m. to 5 p.m. on Wednesday, April 8, at the AISD Mac Bernd Professional Development Center at 1111 W. Arbrook Blvd., in Arlington.

For questions or more information, call 682-867-7646.



Wellness Update

2017 Spring Wellness Screening Dates

Location	Date	Location	Date
Admin Bldg.	4/19/17	Carter JHS	5/3/17
Transportation	4/20/17	Martin HS	5/4/17
Maintenance	4/21/17	Sam Houston HS	5/11/17
Bowie HS	4/25/17	Boles JHS	5/12/17
Ousley JHS	4/26/17	Gunn JHS	5/17/17
Seguin HS	4/28/17	Barnett JHS	5/18/17
Young JHS	5/2/17		

All screening times are from 7:00 AM to 12:00 noon

*Dates will be published via District Announcement on March 20, 2017

Metrics

2015/16 – 2016/17

SNAPSHOT (Source: Metrics on Demand)

2016-17 Goal: 50%

ELEMENT	LAST YEAR	2/27/17	3/27/17
PLAN YEAR DATES	9/1/2015 – 8/31/2016	9/1/2016 – 8/31/2017	
Lives	3,068	1,614	1,615
MHA Completed	1,351 (44%)	750 (47%)	812 (50%)
Screening Completed	1,151 (38%)	739 (46%)	754 (47%)
MHA & Screenings Completed	1,025 (33%)	516 (32%)	536 (33%)
Preventive Compliance Submitted	845	404	486
Supplemental Questionnaires Completed	4,613	1,771	2,059
Peer Challenges Created	105	30	30
Courses Completed	1,158	460	520
Targeted Program Completed	65	15	18
Member Logins Total/Unique	10,212/1,424	3,808/645 (40%)	4,587/716
Coaching Sessions completed/scheduled	100/102	41/44	45/46 (44%)
Coaching Sessions attempted	2,831	779	841
Members who met the 200 point goal	856	NA	250
SCREENING OPTIONS			
Onsite Screenings	937	696	696
Physician Lab Forms	144	41	54
LabCorp Sent/Received	205/119	99 /29	113/36

MHA/Bio/200 Points by 8/31/2017



Your Rewards

2016-17 Arlington ISD Wellness Pr...



200

**170**

Points Earned

[Earn More](#)

Your Numbers

[Track Your Progress](#)Health Score
(Baseline Oct 25, 2016)**91.1**Health Age
(Baseline Oct 25, 2016)**38**

Let's Go

Get active with coworkers
and stay motivated through
friendly competition.

[Create a Peer Challenge](#)

Your Activity



Today at a Glance

175

steps

612

calories

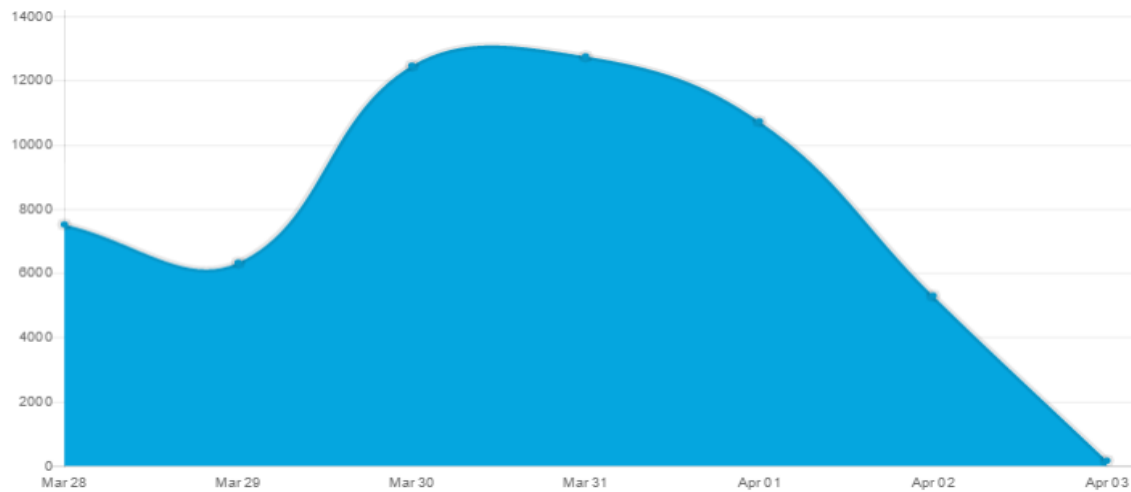
0.08 miles

distance

Last Updated 4 hours ago

Steps

7,889.3 average





adidas miCoach

CONNECT +

miCoach is your personal coach.

[MORE DETAILS](#)



Bewell Connect

CONNECT +

Health Empowerment – Home Monitoring – Patient Centered Care

[MORE DETAILS](#)



Daily Mile

CONNECT +

Dailymile is a social experience for active people.

[MORE DETAILS](#)



Edamam

CONNECT +

Nutrition Analysis of Home Cooked Meals and Recipes

[MORE DETAILS](#)



Epson

CONNECT +

Epson offers wearables for tracking daily activities, fitness, heart rate, and sleep.

[MORE DETAILS](#)



FatSecret

CONNECT +

FatSecret is an online tool to achieve your diet goals.

[MORE DETAILS](#)



Fitbit

CONNECTED ✓

REFRESH ↺ DISCONNECT ⌕

[MORE DETAILS](#)



Garmin Connect

CONNECT +

Garmin designs, manufactures and markets GPS navigation, communication and sonar products.

[MORE DETAILS](#)



iHealth

CONNECT +

iHealth designs innovative, mobile personal healthcare products for everyone.

[MORE DETAILS](#)



InRFood

CONNECT +

Personalizing health and wellness through nutrition

[MORE DETAILS](#)



Jawbone UP

CONNECT +

UP is a wristband and app that tracks how you sleep, move and eat.

[MORE DETAILS](#)



Life Fitness

CONNECT +

Life Fitness is a global leader in providing fitness equipment.

[MORE DETAILS](#)

2016-17 Arlington ISD Wellness Program

Description & Guidelines

[View Other Programs](#)

170 Points Earned



Actions

Health Assessments

100 of 100 points

Health Assessments



[Member Health Assessment \(MHA\)](#)
Complete By Aug 31, 2017

50 points



[Biometric Screening](#)
Complete By Aug 31, 2017

50 points

Preventive Care

50 of 50 points

Tobacco Free

20 of 20 points

Questionnaires

0 of 45 points

Targeted Programs

0 of 45 points

Online Courses

0 of 30 points

Webinars

0 of 30 points

Employer Challenges

0 of 45 points

[Available Challenges](#) ▼

Bummer! You don't have any challenges.

[Create a Peer Challenge](#)

Or, jump right in with one of these popular challenges...

Water Consumption



Steps



Fruits & Veggies

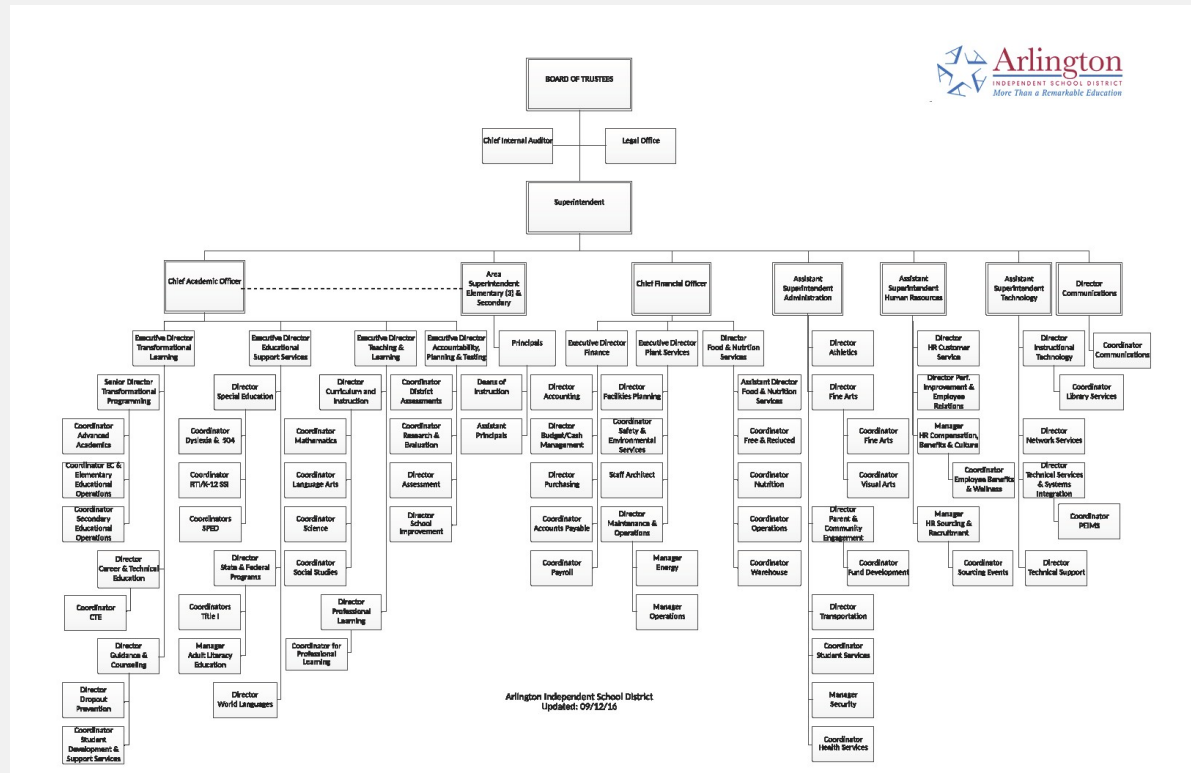




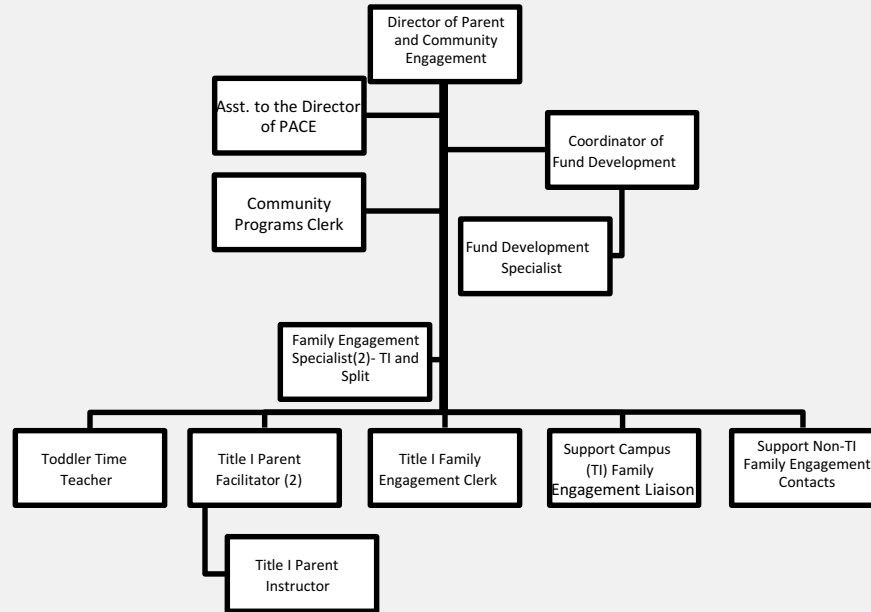
Arlington ISD PACE Department

“An Engaged Community is Essential”

AISD Organizational Chart



PACE Organizational Chart





Arlington ISD Parent and Community Engagement Department (PACE)

Aaron Perales

Director of Parent and Community Engagement

682-867-7715 aperales@aisd.net

Dorkas Arroyo

PACE Department Assistant

682-867-7715 darroyo@aisd.net

Rosa Talamantes

Clerk- Community Engagement

682-867-7748 mtalaman@aisd.net

Brenda Lohse

Fund Development Coordinator 682-867-7331 blohse@aisd.net

Chris Reeves

Grant Specialist Facilitator

682-867-1920 creeves@aisd.net

Eric Phillips

Family Engagement Specialist 682-867-7386 ephilli3@aisd.net

Janet Sierra

Title I Family Engagement Assistant
682-867-7385

nsierra@aisd.net

Myra McGlothen-Sutton Title I Parent Facilitator

682-867-7214

mmcgloth@aisd.net

Lisa Flores

Toddler Time Teacher

682-867-7299

cflores@aisd.net

Elia Chavez

Title I Parent Instructor

682-867-208

echavez@aisd.net

Jose Rene Roias



PACE Department Mission

The Arlington ISD Parent and Community Engagement Department will serve the AISD learning community by fostering relationships through engaging, educating and empowering the community to directly support student success.



Parent Engagement



Parenting



Health &
Wellness



Home to
School
Connections



Personal &
Professional
Development

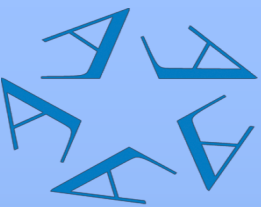




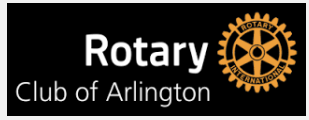
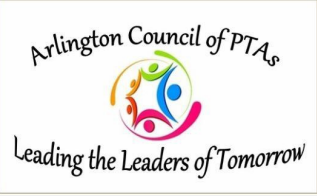
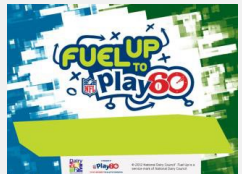
Arlington ISD Parent University is an educational opportunity for the parents/guardians of Arlington ISD students to discover skills to support their children in school. Through a series of workshops and videos designated to refine specific student support skill sets, Arlington ISD Parent University participants will acquire knowledge to enhance their role as a student advocate within the learning community.

Community Engagement



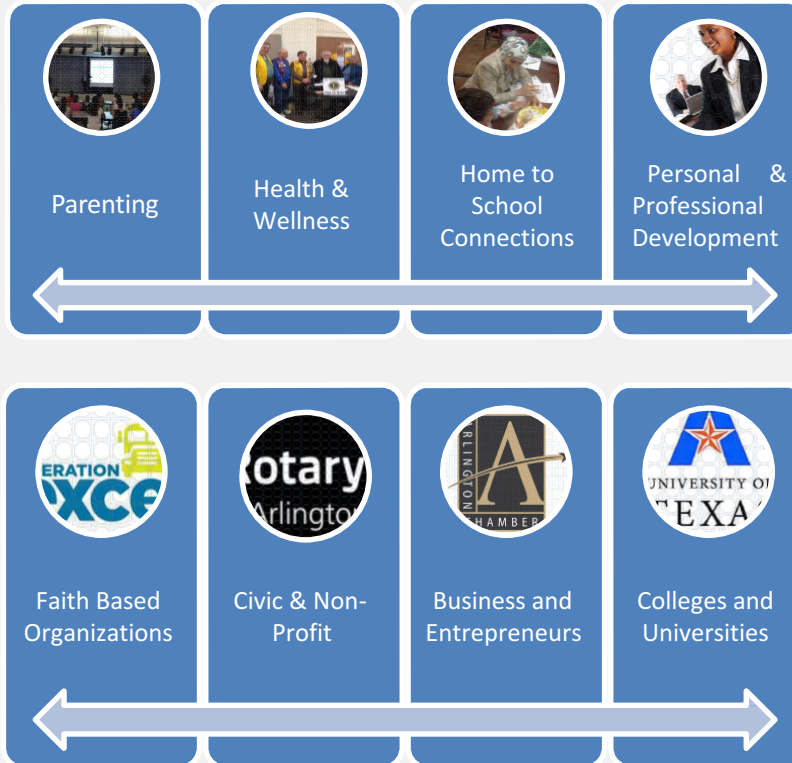


Highlights





PACE Alignment





Making Healthy Eating and Physical Activity Fun for Students at Arlington ISO



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Fuel Up to Play 60/Dallas Cowboys Partnerships

- NFL Hometown Grant - FUTP 60 Stencil Project
- 20 Elementary Schools by Spring 2017





Fuel Up to Play 60/Play 60 Dallas Cowboys Partnerships

- Dallas Cowboys Rookie Club FUTP 60 Program



Pearcy ES- Spring 2016



Young JHS- Fall 2014



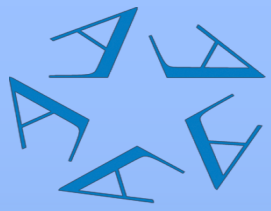
Arlington Back to School Kickoff



<https://www.dropbox.com/s/qat0hu46oapbyu3/Back%20to%20School%20Kickoff%20H264.mov?dl=0>

Totals over past 2 years:

- 21,500 backpacks distributed
- 3,000 total services provided (including immunizations, vision checks, dental checks and haircuts)
- 1,800 volunteers
- 194 resource fair vendors



Medical Center Arlington & Texas Rangers

Health and Fitness All-Stars Program

- Targets AISD fifth grade students to make healthy dietary choices
- Fitness tips from MCA nutritionists, Rangers Captain, Rangers players & AFD.
- The school with the most involvement receives a \$5,000 grant for their physical education program.





Future Possible Department Partnerships Highlights

Texas A&M Ag Life Extension

- Master Wellness Volunteer Program

Cook Children's Oral Health Coalition

- Oral Health Champion Program



QUESTIONS?



Questions



Next Steps

Meeting on April 17, 2017

Information Session 4:

Health & Safe School Environment