How the Wellness Program Came to Be

The San Juan Unified School District (SJUSD) Benefits Committee has been meeting regularly since 2002 with the purpose to annually review the District’s health benefits and to recommend cost containment measures related to employee health benefits. The Benefits Committee is made up of roughly 15 members, from all Bargaining and Employee Groups listed below:

- Classified Employees (CSEA)
- Confidential Employees
- Sacramento Teamsters Local 150 (Transportation)
- San Juan Administrators Association (SJAA)
- San Juan Professional Educators Coalition (SJPEC)
- San Juan Teachers Association (SJTA)
- Supervisors

In the summer of 2007, a sub-committee of the Benefits Committee was formed, referred to as the Wellness Committee, in order to specifically research the District’s options on the best ways to proactively fight the cost of rising health care insurance and how to promote healthier lifestyles at SJUSD. The Wellness Committee has partnered with the District’s two medical plan carriers, Kaiser and PacifiCare, to help fund the cost of this wellness initiative.

What’s a Wellness Program Anyway?
The SJUSD Wellness Program also referred to as the “Live Healthy Live Well” Employee Wellness Program, will promote various campaigns focusing on physical activity, nutrition, flu shots, and overall health awareness in order to promote employee engagement in healthy, active lifestyles. Every few months a new topic of interest will be introduced in which employees will be given educational materials on, as well as be given opportunities to attend classes and presentations on these topics. The Wellness Program will also coordinate events such as health screenings which can provide testing of an employee’s cholesterol, blood pressure, and BMI levels at a convenient District location.

The Future of the “Live Healthy Live Well” Employee Wellness Program
In November 2008, the first wellness event was a huge success providing flu shots to over 700 District employees! The Wellness Committee’s next step will be a formal introduction of the SJUSD Employee Wellness Program through the first of many campaigns – a walking program including free pedometers! This campaign is sure to be a fun approach to promoting friendly, healthy competition among coworkers…all while getting in some exercise.

In the meantime, please take a few minutes to check out the various wellness materials provided by your health plans. If you’re a Kaiser Member click on the link below to learn more about Kaiser’s wellness offerings: https://members.kaiserpermanente.org/kpweb/toc.do?theme=healthandwellness_members

Or, if you’re a PacifiCare Member, click here for more information on PacifiCare's wellness benefits: http://www.pacificare.com/commonPortal/application?origin=hnav_bar.jsp&event=bea.portal.framework.interna l.portlet.event&pageid=mp Toolsandservices&portletid=mp_contentdisplay&wfevent=link.viewarticle&navnode =HealthWellness.1

Be sure to keep your eyes open for details on the walking campaign!