



District-Based Health/Wellness Program 2009-10

SIG has established a pool of money which is available to Districts who choose to have a District-wide Wellness Program. Districts are required to follow certain protocols and demonstrate satisfactory results in order to receive the grant money.

Annual Budget for District-Based Health/Wellness Program:

The grant money will be available based on the number of employees and retirees enrolled in SIG medical plans X \$20.

Examples:

Roseville City School District is eligible for \$15,640 (782 x \$20)

Nevada Jt. Union HS District is eligible for \$8,700 (431 x \$20)







Districts with 100 members or less would be eligible for \$2,000

Applications/Use of Funds:

Grant money will be used for reimbursement of costs associated with a specific program at the District. The monies can be used to hire instructors or consultants for a specific program or to purchase specific items.

Eligibility/Requirements:

To be eligible for the grant monies, the District must agree to the following:

-  Establish a District-Wide Health Committee. The Committee must include all different employee groups. In addition, the Committee must meet at least three times a year.
-  Prepare a Mission Statement related to the health needs of its employees.
-  Prepare Goals for the current and the next fiscal year.
-  Document in writing the District's Program for the current year.
-  Complete the Grant Application for SIG.
-  Prepare a detailed analysis of the items to be purchased with the grant money and explain how these purchases will help meet the Program goals.

At the end of the school year, the recipients will be required to prepare an analysis of the year's programs and how they met or failed to meet their goals and objectives. For example, indicating the number of participants per class or event, weight loss per group for Weight Loss Challenge, etc.