



District-Based Health/Wellness Program 2011-12

For the third year, SIG will make available to districts, a pool of money to use for District-Based Health/Wellness Programs. 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. Every district (no matter the number of employees) will receive a minimum of \$2,000.





Applications/Use of Funds:

Grant money will be used for reimbursement of costs associated with the wellness specific program established by the District's Health Committee. The monies can be used to hire instructors or consultants for a specific program or to purchase specific items.

Eligibility/Requirements:







Districts Who Received Funding in 2010-11

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

-  Prepare an analysis of the 2010-11 programs and explain how they met or failed to meet the established goals and objectives. For example, indicate the number of participants per class or event, weight loss per group for Weight Loss Challenge, steps walked for walking challenge, etc.
-  Identify changes, if any, you are making to your program as a result of the above analysis.
-  Document in writing the District's Program for the current year.
-  Complete the Grant Application for the 2011-12 fiscal year.

Districts Who Are Participating for the First-Time in 2011-12

To be eligible for the grant monies, the District must complete 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.