



Dear Employee:

Cincinnati Public Schools places a high value on the health and well-being of our employees, so we are excited to announce our new wellness initiative “**CPS Wellness Works.**” We are partnering with TriHealth Corporate Health and CONCERN, our current Employee Assistance Program (EAP) provider, to provide new opportunities for our employees and spouses to earn wellness dollars.

**In 2011, you can earn wellness dollars (up to \$500/employee plus \$500/spouse) to be deposited to your Benny Card for use in 2012.** You may earn these wellness dollars by completing a personal wellness profile; by participating in free health screenings, educational events, exercise and nutrition programs; and by receiving preventive screenings from your primary-care physician. (See the attached Wellness Scorecard for a breakdown of how you can earn dollars in each category).

**Watch for this Symbol!**



In addition to providing wellness events throughout the year, TriHealth will assist us in managing our CPS Wellness Works program through a Wellness Coordinator. This individual will oversee all aspects of our program and will serve as your point-of-contact should you need additional resources or have questions. (More details will follow.)

The first step in this wellness initiative will be the opportunity to participate in an on-site Health Risk Assessment and Biometric Screening Day Event. We are very excited about this benefit because it will provide you with confidential medical information about your own health – the good and the bad. In addition to medical information, the screening also will provide great tips/hints about better nutrition, fitness, and mental health applicable to you. More information will follow soon about this event.

Finally, to alleviate any concerns some individuals may have regarding the screenings, all results will be kept confidential between you and TriHealth. Cincinnati Public Schools will receive only a general aggregate report of the information collected that will help us to provide more appropriate educational events and wellness activities.

We look forward to your participation!

**The Employee Benefits/Wellness Committee**