

The 2021 FSCJ Employee Wellness Program is supported by the Florida College System Risk Management Consortium (FCSRMC) and Florida Blue. Program highlights include an online health assessment, wellness seminars, and the opportunity for full-time employees with Florida Blue insurance to earn up to \$100 in gift cards by completing wellness activities and events.

<p>Who can participate?</p>	<ul style="list-style-type: none"> • The FSCJ Wellness Program is open to all employees. • The incentives offered are for all full-time employees who have the College’s health insurance through Florida Blue.
<p>What are the benefits?</p>	<ul style="list-style-type: none"> • Free online health assessment. • Opportunity to earn up to \$100 in gift cards for completing a variety of wellness and health activities/events. As an example, completing the online health assessment earns an automatic \$20. • Enhanced knowledge about your overall health and wellness.
<p>How do I get started?</p>	<p>Full-time employees with Florida Blue health insurance can get started two ways:</p> <ul style="list-style-type: none"> • Go to Florida Blue and log in (if you have not logged in before, you must setup an account). • Click on “Better Strides You” on the main page or from the Health and Wellness dropdown box at the top of the page. • Complete the on-line health assessment. It takes about 10 minutes and is worth \$20! There will not be a requirement to complete an in-person Personal Health Assessment (PHA) this year. • OR, download the app Onlife Health (Always On), create a login ID and password to get started. You will need your member number and group number from your Florida Blue insurance card.
<p>What activities are available for the earning incentive?</p>	<ul style="list-style-type: none"> • Complete the online health assessment. • Complete multiple health programs such as sleep, nutrition, etc. • Attend webinars (more details to come) • Complete a Corporate Challenge. • Register a fitness device • Listen to a podcast.
<p>When are the biometric screenings?</p>	<ul style="list-style-type: none"> • Due to COVID, onsite PHA’s are not currently planned for 2021.

<p>Who are the 2021 Wellness Committee Members?</p>	<table> <tr> <td>Steve Beard (Chair)</td> <td>Downtown</td> </tr> <tr> <td>Lithesha Holloman (Co-Chair)</td> <td>Downtown</td> </tr> <tr> <td>Amy Bednar</td> <td>Downtown</td> </tr> <tr> <td>Jametoria Burton</td> <td>Downtown</td> </tr> <tr> <td>Charles Johnson</td> <td>Downtown</td> </tr> <tr> <td>Kristin Kristen</td> <td>Deerwood</td> </tr> <tr> <td>Ansa Reams-Johnson</td> <td>Deerwood</td> </tr> <tr> <td>Diane Drysdale</td> <td>North</td> </tr> <tr> <td>Gary George</td> <td>Kent</td> </tr> <tr> <td>Nobuko Mizoguchi</td> <td>Kent</td> </tr> <tr> <td>Lara Moses</td> <td>Kent</td> </tr> <tr> <td>Shelly Hammack</td> <td>South</td> </tr> <tr> <td>Andrew Pierce</td> <td>South</td> </tr> <tr> <td>Barry Summers</td> <td>South</td> </tr> <tr> <td>Charlotte Rowe-Clark</td> <td>At Large</td> </tr> </table>	Steve Beard (Chair)	Downtown	Lithesha Holloman (Co-Chair)	Downtown	Amy Bednar	Downtown	Jametoria Burton	Downtown	Charles Johnson	Downtown	Kristin Kristen	Deerwood	Ansa Reams-Johnson	Deerwood	Diane Drysdale	North	Gary George	Kent	Nobuko Mizoguchi	Kent	Lara Moses	Kent	Shelly Hammack	South	Andrew Pierce	South	Barry Summers	South	Charlotte Rowe-Clark	At Large
Steve Beard (Chair)	Downtown																														
Lithesha Holloman (Co-Chair)	Downtown																														
Amy Bednar	Downtown																														
Jametoria Burton	Downtown																														
Charles Johnson	Downtown																														
Kristin Kristen	Deerwood																														
Ansa Reams-Johnson	Deerwood																														
Diane Drysdale	North																														
Gary George	Kent																														
Nobuko Mizoguchi	Kent																														
Lara Moses	Kent																														
Shelly Hammack	South																														
Andrew Pierce	South																														
Barry Summers	South																														
Charlotte Rowe-Clark	At Large																														
<p>How do I join the Wellness Committee?</p>	<ul style="list-style-type: none"> • Faculty, A&P, and Career employees who are passionate about health education and want to help create excitement about wellness at their campus location are welcome to join. • If you are interested, please contact hrtraining@fscj.edu. 																														
<p>Who do I contact with questions?</p>	<ul style="list-style-type: none"> • For Florida Blue questions and technical support, call 800-352-2583. Representatives are available 8:00 a.m. to 6:00 p.m. Monday-Friday. • For general questions about the Employee Wellness Program, contact hrtraining@fscj.edu. 																														

