

The 2022 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 \$140 in gift cards by completing wellness activities and events.

<p><b>Who can participate?</b></p>	<ul style="list-style-type: none"> <li>• The FSCJ Wellness Program is open to all employees.</li> <li>• The incentives offered are for all full-time employees who have the College’s health insurance through Florida Blue.</li> </ul>
<p><b>What are the benefits?</b></p>	<ul style="list-style-type: none"> <li>• Free online health assessment.</li> <li>• Opportunity to earn up to \$140 in gift cards for completing a variety of wellness and health activities/events.</li> <li>• Enhanced knowledge about your overall health and wellness.</li> </ul>
<p><b>How do I get started?</b></p>	<p>Full-time employees with Florida Blue health insurance can get started two ways:</p> <ul style="list-style-type: none"> <li>• Go to <a href="#">Florida Blue</a> and log in (if you have not logged in before, you must set up an account).</li> <li>• Click on “Better Strides You” on the main page or from the Health and Wellness dropdown box at the top of the page.</li> <li>• Complete the online health assessment. It takes about 10 minutes and is worth \$40!</li> <li>• <b>OR</b>, 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.</li> <li>• Review <a href="#">additional instructions</a> on how to get started.</li> </ul>
<p><b>What activities are available for the earning incentive?</b></p>	<ul style="list-style-type: none"> <li>• Complete the online health assessment.</li> <li>• Complete multiple health programs such as sleep, nutrition, etc.</li> <li>• Attend a live webinar.</li> <li>• Complete a corporate challenge.</li> <li>• Register a fitness device.</li> <li>• Attend an onsite wellness seminar (details to come).</li> </ul>

<p><b>Who are the 2022 Wellness Champions?</b></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>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>June Deaton</td> <td>North</td> </tr> <tr> <td>Stefanie Jorgenson Walter</td> <td>North</td> </tr> <tr> <td>Diane Mcauliffe</td> <td>North</td> </tr> <tr> <td>Kerry Roth</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>Charlotte Rowe-Clark</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> </table>	Steve Beard (Chair)	Downtown	Lithesha Holloman (Co-Chair)	Downtown	Jametoria Burton	Downtown	Charles Johnson	Downtown	Kristin Kristen	Deerwood	Ansa Reams-Johnson	Deerwood	June Deaton	North	Stefanie Jorgenson Walter	North	Diane Mcauliffe	North	Kerry Roth	North	Gary George	Kent	Nobuko Mizoguchi	Kent	Lara Moses	Kent	Charlotte Rowe-Clark	Kent	Shelly Hammack	South	Andrew Pierce	South	Barry Summers	South
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<p><b>How do I join the Wellness Club?</b></p>	<ul style="list-style-type: none"> <li>• Faculty, A&amp;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.</li> <li>• If interested, please contact <a href="mailto:hrtraining@fscj.edu">hrtraining@fscj.edu</a>.</li> </ul>																																		
<p><b>Who do I contact with questions?</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• For general questions about the Employee Wellness Program, contact <a href="mailto:hrtraining@fscj.edu">hrtraining@fscj.edu</a>.</li> </ul>																																		

