



School District of South Milwaukee Wellness Incentive Program

2026-2027 Program Guide

Earn points for completing wellness activities throughout the year and earn rewards and incentives.



Ascension

Points and Rewards Requirements

Employees and spouses covered by the School District of South Milwaukee health insurance plan are eligible to participate in our wellness program which includes a collection of holistic activities to help you form healthy habits. The Ascension platform is fully HIPAA compliant which means all personal health data you share with the system will never be shared with your organization.

Earn points by completing activities. All points MUST be completed by the end date of the activity listed in the platform to receive credit.

INSURANCE PREMIUM REQUIREMENTS TO AVOID PREMIUM INCREASE

- **STEP 1: Complete your Health Risk Assessment (HRA) questionnaire online**
 - *Deadline: April 30, 2027*
- **STEP 2: Complete your Annual Physical** to obtain your biometrics (height, weight, BMI, blood pressure, cholesterol, glucose, tobacco use)
 - *Deadline: April 30, 2027*
- **STEP 3: Complete your Biometric Results Review**
 - *Deadline: June 30, 2027*

Begin as soon as July 1, 2026. As soon as your biometric results are in the platform, you may call the SDSM Health and Wellness Center to schedule a Results Review appointment to set wellness goals for next year. Complete one Results Review appointment by June 30, 2027.

NOTE: There will be a \$100 per person/per month increase to your premium if you do not complete ALL THREE (3) of the required challenges in the Start Here section. Those challenges are: HRA Questionnaire, Biometric Screening and Results Review with the Wellness Center.

EARN POINTS FOR RAFFLE DRAWING

You can also earn points for a raffle drawing at the end of the year by completing additional challenges throughout the year. Your points will accumulate over the course of the year. Earn at least 12,000 points to be entered into a raffle drawing for fun prizes such as gift cards and more!

If you have any questions about the platform, please contact:
wellnessplatformsupportwi@ascension.org



POINTS FOR RAFFLE PRIZES:

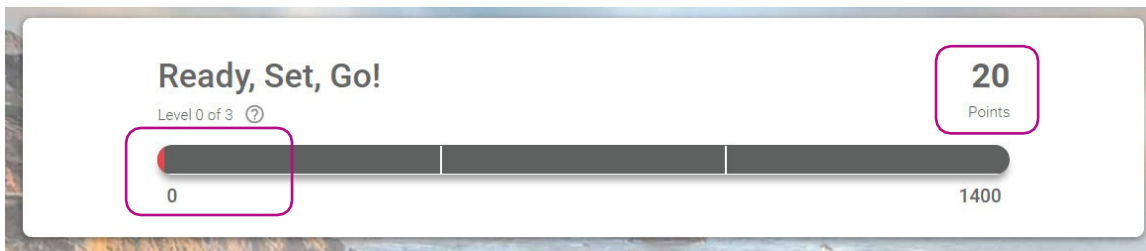
Both employees and spouses will have opportunities to receive points to be entered into a raffle drawing for prizes.

Real-time Tracking

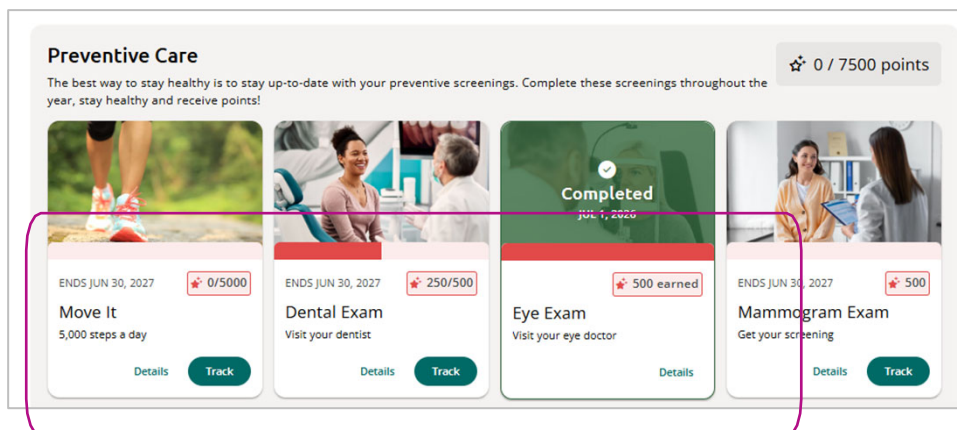
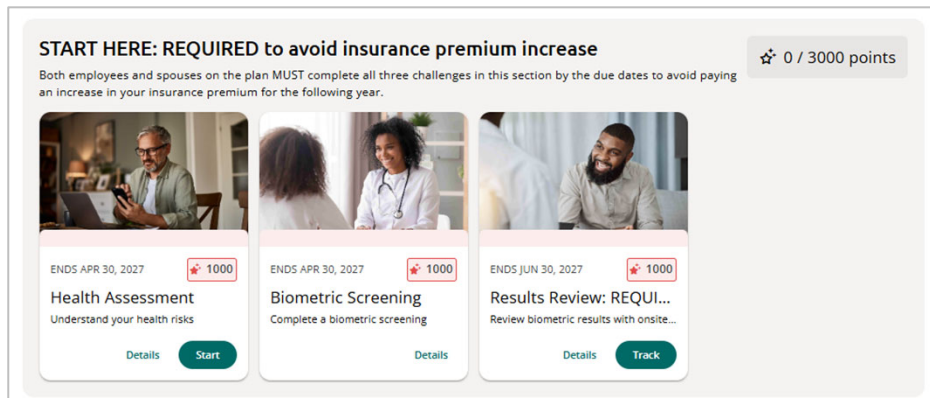
Check your progress in real-time

You can track your progress of challenge completion right on the homepage of the wellness portal. The progress bar will show how many points you have completed in real-time. You can also see your progress of each challenge under the tile challenge. Once you have completed a challenge (or a portion of the challenge) the bar will show your progress, and it will show the percentage complete. This way you can easily track and see what requirements you have completed and what still needs to be done to avoid the insurance premium increase.

Progress bar and total points completion



Challenge completion progress/percentage

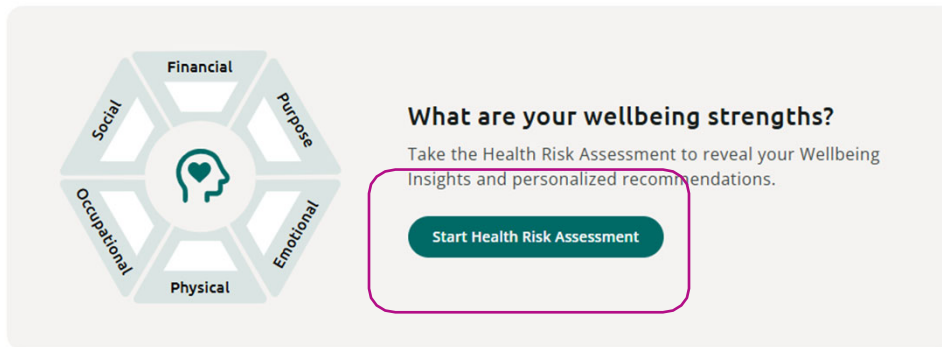


STEP 1: Complete your online Health Risk Assessment (HRA)

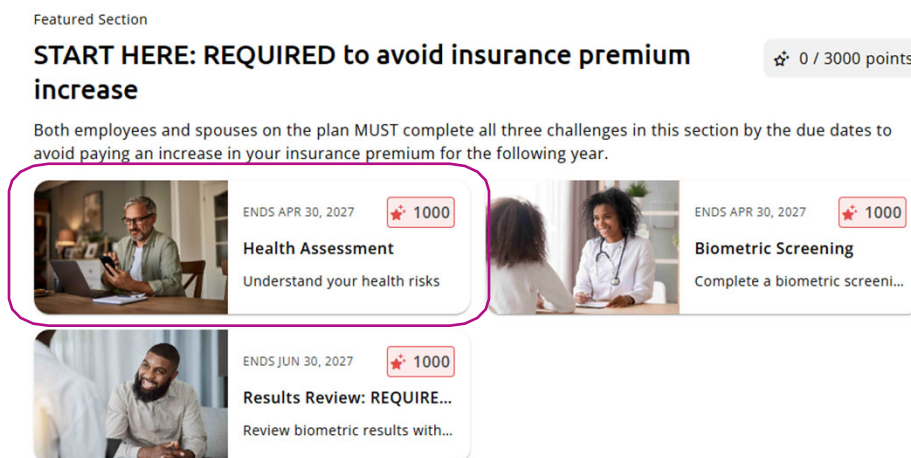
Complete your Health Risk Assessment by April 30, 2027

The Health Assessment Challenge invites you to complete a health risk assessment (HRA). Completing an HRA can be a powerful tool to help you identify potential conditions, habits, and behaviors that could adversely impact your overall health and well-being. Knowing your potential risks empowers you to take informed action that can lead to healthy changes. To complete this challenge, answer and submit the Health Risk Assessment.

Click on the button on the Home Screen to start the Health Risk Assessment.



Or on the Health Assessment tile shown in the START HERE section. Once you complete all the questions and submit it, this tile will show it as completed and your points will automatically be rewarded.



STEP 2: Providing Biometric Results from your Primary Care Provider (PCP)

Complete your Biometric Screening Challenge by April 30, 2027

The Biometric Screening Challenge invites you to complete a biometrics screening. This quick and easy screening includes a blood draw and vitals check and can help you identify health concerns while they are treatable.

- If you completed your biometrics at the Onsite SDSM or Cudahy Ascension Health and Wellness Center, with a processing period of two weeks, this biometric screening challenge will show complete.
- Therefore, you do not need to upload your primary care provider form to the platform when completed at the onsite Health and Wellness Center.
- If you complete your annual physical or biometrics with your Primary Care Provider outside of the Health and Wellness Centers, after you upload your Primary Care Provider within the section below as an attachment, please allow a processing period of two weeks, and this biometric screening challenge will show complete.
- Biometrics include height, weight, BMI, blood pressure, cholesterol values, blood glucose and tobacco use.

Upload your PCP form

Download the PCP form from the wellness portal. Click on the PCP form tile. It will open a box for you to download the PCP form to print and bring to your primary care provider to fill out.

Once completed by your primary care provider, upload your completed PCP Form - both pages (front and back) with signatures to the platform - to earn the biometric screening activity.

Upload your Primary Care Provider form

You may use this challenge to upload your PCP form for your biometric results to be uploaded to the platform.

ENDS APR 30, 2027

PCP Form

Download the PCP form

Details Track

0 / 1 completed submissions

Details Tracking

July 1, 2026 - April 30, 2027

Download and print the PCP form. When you go for your yearly physical, have your provider fill out the information and fax it to our secure wellness inbox. You can also upload the PCP form on to the wellness platform. Your results will be uploaded into the platform and your biometric screening will be marked as complete.

Downloads

Download the PCP form

SDSM PCP FORM_JUN2026

STEP 3: Complete your Results Review with the onsite provider

Complete your Results Review with the onsite provider by June 30, 2027

Once you have completed your biometric screening/annual physical and your results have been uploaded to the platform, schedule an appointment with the provider at the onsite clinic to review your results.

The provider will review your biometrics results with you to share any opportunities for lifestyle changes based on your data. Once completed, and the provider has approved it, your challenge will be marked as complete, and your points will be rewarded.

Featured Section

START HERE: REQUIRED to avoid insurance premium increase

0 / 3000 points

Both employees and spouses on the plan MUST complete all three challenges in this section by the due dates to avoid paying an increase in your insurance premium for the following year.



ENDS APR 30, 2027

★ 1000

Health Assessment

Understand your health risks



ENDS APR 30, 2027

★ 1000

Biometric Screening

Complete a biometric screeni...



ENDS JUN 30, 2027

★ 1000

Results Review: REQUIRE...

Review biometric results with...

 Ascension

6

Wellbeing Insights

Personalized Health Profile

Your Wellbeing Insights compile your health assessment responses and biometric screening results (if applicable) to provide an overview of your strengths, areas of improvement, and personal recommendations from the platform. To view your Wellbeing Insights on the web, click on your profile and select “My Wellbeing Insights” in the drop-down menu.



The Wellbeing Wheel provides a quick overview of your risk levels across the different dimensions of wellness.



Download and print your results to review them with your healthcare provider.



Your Health Age compares your actual age with your health age.



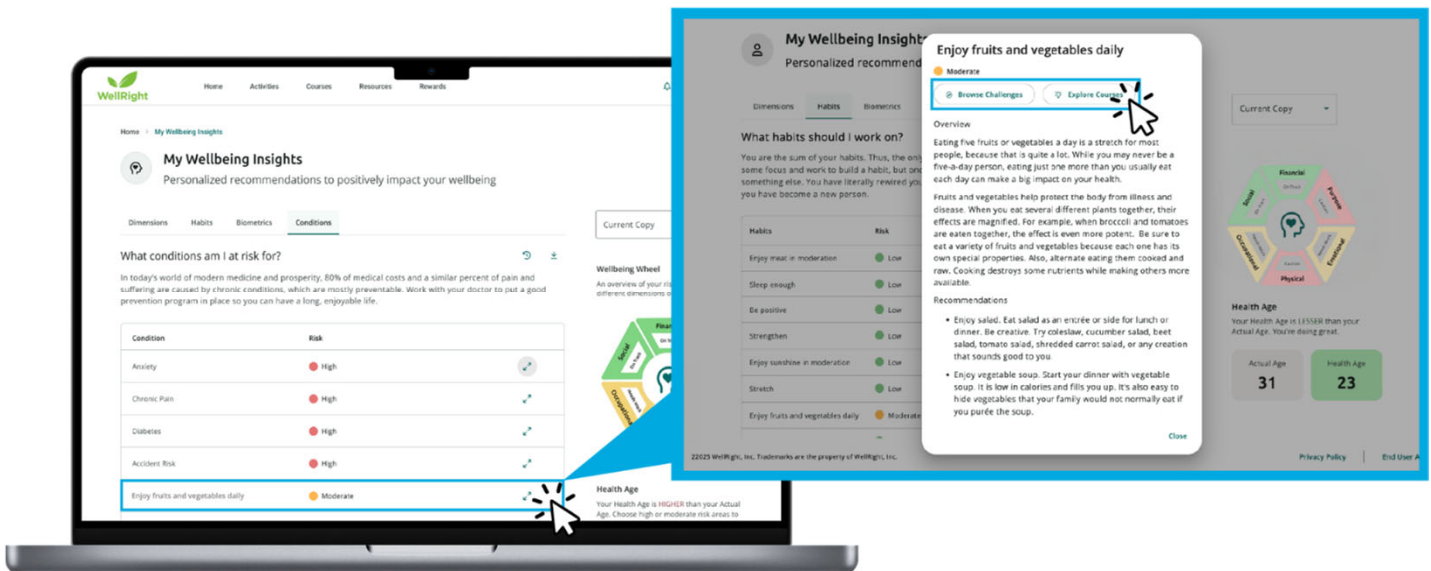
Receive an overview of each area of the recommendations by clicking on any row or the expand arrows.



View how your current results compare to past years' results by clicking on the clock icon.



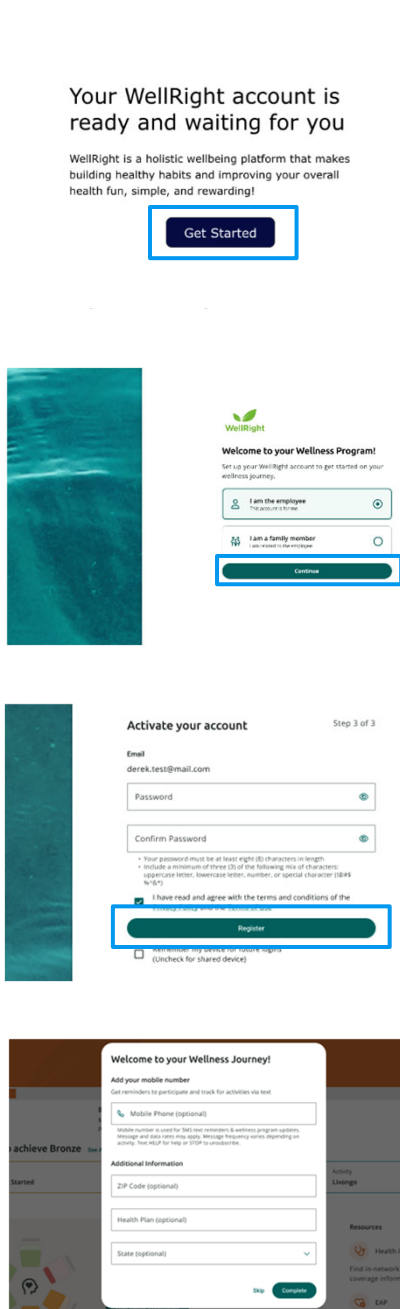
Click the “Browse Challenges” or “Explore Courses” to add a personal challenge or take a course on the selected health topic.



Registration Guide

Wellness Program Overview

Employees can activate their account by viewing the registration email from wellnessplatformsupportwi@ascension.org with the subject line, Register now: You're invited to School District of South Milwaukee Wellness Program. Links in the registration email are active for 30 days. If you did not receive an email or cannot find it (please check your spam folder), please go to <https://sdsmwellness.wellright.com/> to log in. Spouses will receive an invite from the employee with a link to register and create an account.



Step 1:

View Registration Email

Click the "Get Started" button.

Step 2:

Registration

Your information will be pre-populated for you. Review your information to ensure it is correct and click "Continue".

Step 3:

Create Password and Activate

- Create a password that matches the listed criteria.
- Read and agree with the terms and conditions listed within the Privacy Policy and Terms of Use.
- Click "Register" to continue.

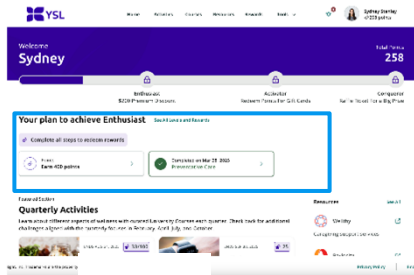
Step 4:

Welcome

Complete your profile or choose to skip it. You can always add this information later via My Profile.

Account Setup

After registration, complete the steps below to set up your account via the web. Some of these features allow you to participate in the program without having to login



Step 1:

Success Plan

- Look at your Success Plan details to learn more about your wellness program.
- Understand what next steps to take to make progress on your program and start earning points for rewards.

Step 2:

Mobile App

- Download the WellRight app in the Apple App Store or Google Play to access your wellness program no matter where you are.

Step 3:

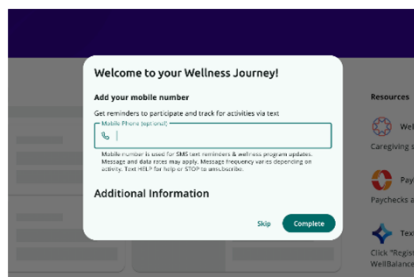
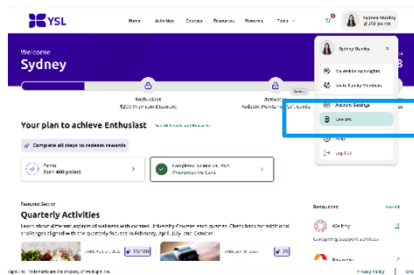
Fitness Device / App Setup

- On the home screen, go to your profile and select "Devices" in the dropdown menu.
- Find your device and click "Connect".
- Sign in to your fitness device account to grant access.
- Your device data will automatically connect to your account and update any applicable activities' progress..

Step 4:

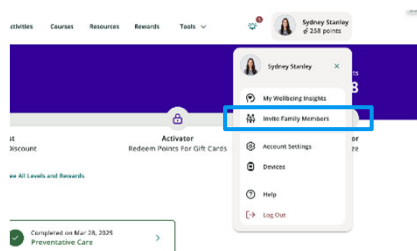
Text Reminders

- Add your mobile number to your Account Settings.
- Go to the "Tracking" tab on an Activity Details page, and toggle the Text Reminders button to set up text tracking.
- Select which days and times you'd like to receive reminders and click "Save Changes".
- Reply to the text to track your progress.



Invite a Spouse

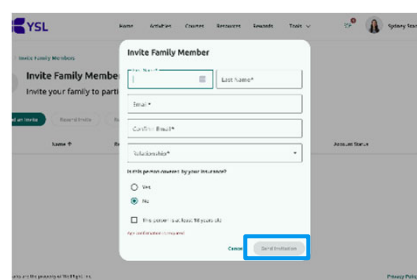
Invite a spouse to participate alongside you in the wellness program. Spouses can be great accountability partners and may be able to earn incentives if applicable to your program.



Step 1:

Select "Invite Family Members"

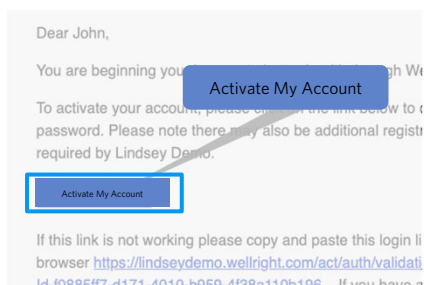
- Hover over your profile icon on the top right of your screen and select "Invite Family Member" from the drop down menu.



Step 2:

Complete Information

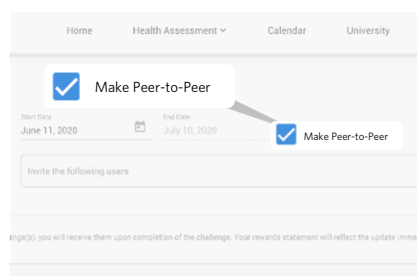
- Click "Send an Invite" and complete the family member's information in the required fields, then click "Send Invitation".



Step 3:

Accept Invitations

- Your family member will receive an email with instructions to complete their registration.

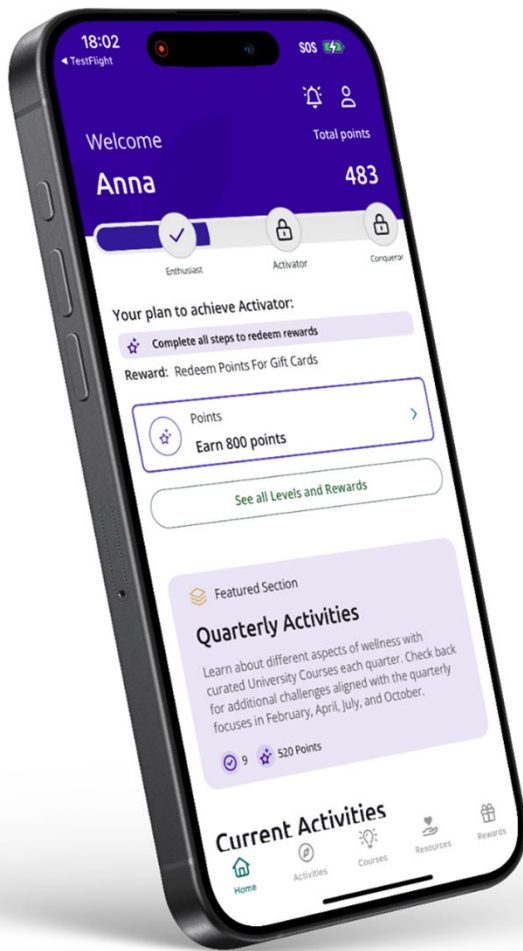


Step 4:

Encourage Each Other

- **Get well, together!** One way is to create Peer-to-Peer personal challenges.

Mobile App



**Your Wellness Journey,
your way, even when you're
on the go**

Download the Mobile App

- Search for the WellRight App in the App Store or Google Play.
- Log in with the same email and password you use on the web.

**Scan the QR Code to access all of the
WellRight platform features no
matter where you are.**



Access all of the platform features no matter where you are.

- Complete the health assessment.
- Track your activity progress.
- Set up text tracking.
- Sync a fitness device.
- View your Wellbeing Insights.
- Complete a University course.
- Add a personal challenge.
- Review your Summary Report.

Text Tracking 101

Step 1:

Set up Text Reminders

- Go to the “Reminders” tab on an Activity Details page, and toggle the Text Reminders button to set up text tracking.

Step 2:

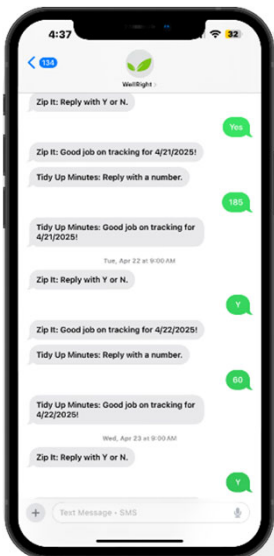
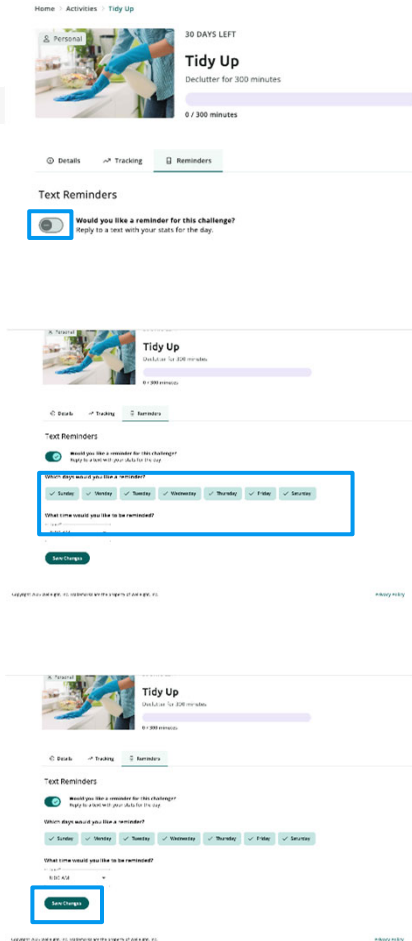
Schedule Texts

- Select which days and times you'd like to receive reminders.

Step 3:

Save Changes

- Click the “Save Changes” button to start receiving reminders.



Tips and Tricks for Text Tracking

- Skip:** Reply “SKIP” to skip a specific activity’s text reminder.
- Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.
- Reply “STOP”** to turn off text messaging. Users can turn them back on in the Account Settings.
- Help:** Reply “HELP” to be directed to WellRight Support.

Activities: Annual Challenges

START HERE: REQUIRED CHALLENGES TO AVOID INSURANCE PREMIUM INCREASE	Possible Points: 3,000
REQUIRED: Health Assessment Questionnaire July 1, 2026 – April 30, 2027 To complete this challenge, answer and submit the online Health Assessment.	1,000
REQUIRED: Annual Physical/Biometrics/PCP Form July 1, 2026 – April 30, 2027 Complete a biometric screening through the onsite clinic or your own primary care provider. Securely fax your results to Ascension Wellness. Your results will be uploaded to the platform for review as part of your Health Profile. Please allow 1-2 weeks for results to be uploaded after completion.	1,000
Results Review July 1, 2026 – June 30, 2027 Review your biometrics results with the SDSM Health & Wellness Center provider. YOU MUST COMPLETE THE HRA QUESTIONNAIRE AND BIOMETRIC SCREENING FIRST.	1,000
PREVENTIVE WELL-BEING AND YEAR LONG CHALLENGES	Possible Points: 7,500
Move It July 1, 2026 – June 30, 2027 The Move It Challenge invites you to take 5,000 steps each day for a year. Take the stairs instead of the elevator, walk instead of taking a cab, and walk to a coworker's cube to ask a question instead of sending them an email. By focusing on hitting a step goal each day, you'll find ways to get up and get moving where you might not have previously. To complete this challenge, track 5,000 steps each day of the year.	5,000
Dental Exam July 1, 2026 – June 30, 2027 Visit your dentist for annual cleaning and checkups. To complete this challenge, comment the date you had your dental exams. There are two submissions available for this challenge, each worth 250 per exam.	500
Vision Exam July 1, 2026 – June 30, 2027 Visit your eye doctor for your annual eye exam. To complete this challenge, comment the date you had your annual eye exam.	500
Mammogram Exam July 1, 2026 – June 30, 2027 Get your yearly mammogram. To complete this challenge, comment the date you received your exam.	500

Activities: Annual Challenges

PREVENTIVE WELL-BEING AND YEAR LONG CHALLENGES	
Prostate Exam July 1, 2026 – June 30, 2027 The Men's Health Challenge invites men to get a prostate exam. A prostate exam is a screening test to look for early signs of prostate cancer. You should have this exam every 2-4 years based on your risk level. If you've completed this exam in the past 2 years (2024), you can receive points for completion. To complete this challenge, comment the date you had your screening.	500
Flu Shot July 1, 2026 – June 30, 2027 The Flu Shot Challenge invites you to get an annual flu shot. Influenza (flu) vaccine prevents millions of illnesses and flu-related doctor's visits each year and has been shown to reduce flu-associated hospitalizations and infection severity. To complete this challenge, comment the date you received your flu shot.	500

Activities: Quarterly Challenges

Q1: (JUL-SEP): RENEW AND RESET	Possible Points: 1,600
Be Grateful July 1, 2026 – September 30, 2026 • FOCUS: EMOTIONAL. The Be Grateful Challenge invites you to write down one thing you are grateful for each day for three months. It will only take a minute and can improve your physical and mental health and will even help you sleep better. To complete the challenge, track 90 things you're thankful for.	300
Stand Up July 1, 2026 – September 30, 2026 • FOCUS: PHYSICAL. The Stand Up Challenge invites you to get up and move around every hour, 8 hours/day for the next three months. Including short movement and exercise breaks throughout the workday can boost your energy, engagement, and efficiency. Whether it's stretching periodically in your cubicle or walking to a coworker's desk rather than sending that intra-office email, small actions can go a long way. Track "Yes" each day that you moved around every hour for 60 days.	500
Emergency Fund July 1, 2026 – September 30, 2026 • FOCUS: FINANCIAL. The Emergency Fund Challenge invites you to create a separate bank account for emergencies. Call your bank, ask them to set up a new savings account, move some money into it, and you're done! It's that easy. The amount you put into the account is up to you. (Watch out for minimum balance requirements to avoid fees!) Start with enough funds to cover a surprise auto repair or similar spending emergency. If that's more than you have, start with any amount and set up regular deposits. Financial experts recommend that an emergency fund contain enough to live on for three to six months, but this challenge only asks that you open a separate account and deposit any amount in it each week to get started. To complete this challenge, click "Track" to enter in the number of weeks you added money to your account.	300
Eat the Rainbow July 1, 2026 – September 30, 2026 • FOCUS: NUTRITION. The Eat the Rainbow challenge invites you to add at least 1 fruit and 1 vegetable to your meals every day. Focus on variety and color throughout the week. Fresh, frozen, canned or dried all count. Track the number of meals you added a fruit and veggie to for the next quarter. Complete this for 60 meals to receive points for completion.	500

Activities: Quarterly Challenges

Q2 (OCT-DEC): GROW AND STRENGTHEN	Possible Points: 1,600
Frugal Diner October 1, 2026 – December 31, 2026 • FOCUS: NUTRITION. The Frugal Diner Challenge invites you to prepare your food and dine in 3x/week for the next three months (no restaurants, including coffee). The challenge will likely save you money and improve your food's nutritional value. Track "Yes" each meal you prepare at home. To complete the challenge, track "Yes" for 36 meals.	500
Money Spent October 1, 2026 – December 31, 2026 • FOCUS: FINANCIAL. The Money Spent Challenge invites you to create a historical budget from the past three months. Gather your old bank and credit card statements and understand how much you earned versus how much you spent in different categories. You can use paper, a spreadsheet, or an online tool. Don't forget to include annual expenses (like homeowner's insurance) by dividing the expense by 12 and including it in each month's expenses. Once you have compiled the numbers, figure out if you earn more than you spend each month. We have included a sample budget template that you can download to use to get started. To complete this challenge, click "Track" and check the box "Yes, I created a historical budget for the past three months that tracks earnings and expenses."	300
Daily Plan October 1, 2026 – December 31, 2026 • FOCUS: EMOTIONAL. The Daily Plan Challenge invites you to take five minutes to plan your day each day for 60 days. Planning can help you get more done and feel more accomplished. It's up to you how you plan it—via a calendar, an app, or jotting down a quick to-do list. Track "Yes" each day you plan your day. To complete the challenge, track "Yes" for 60 days.	300
Strength and Energy October 1, 2026 – December 31, 2026 • FOCUS: PHYSICAL. The Strength and Energy Challenge invites you to work on strengthening your muscles through weight training 3 times each week for 12 weeks. Weight training improves heart health, increases mobility and flexibility and boosts your mood and mental health to name a few benefits. Focus on your fitness level. A little bit can go a long way to helping your physical fitness. To complete the challenge, track "Yes" each week you've completed at least 3 days of weight training.	500

Activities: Quarterly Challenges

Q3 (JAN-MAR): BALANCE AND RECHARGE		Possible Points: 1,600
Penny Counter January 1, 2027 – March 31, 2027 • FOCUS: FINANCIAL. The Penny Counter Challenge invites you to track every penny you spend for 60 days. Track it on paper, a spreadsheet, or a financial app. The goal of this challenge is to categorize each item so you can better understand where your money goes each month. Once you know where your money is going, you can better optimize your spending. Track "Yes" each day you track your spending. To complete the challenge, track "Yes" for 60 days.		300
Meal Plan January 1, 2027 – March 31, 2027 • FOCUS: NUTRITION. The Meal Plan Challenge invites you to plan your meals for 60 days. Planning your meals can help save money, save time, help with weight control, contribute to an overall more nutritionally balanced diet, and reduce stress as you avoid last-minute decisions about what to eat. Track "Yes" each day you plan your meals. To complete the challenge, track "Yes" for 60 days.		500
Core Progression January 1, 2027 – March 31, 2027 • FOCUS: PHYSICAL. The Core Progression Challenge invites you to strengthen your core every day. Plank for 15 seconds, yoga, Pilates, abdominal crunches, etc. There are so many activities and exercises to choose from. Challenge yourself to do one more of whatever it is each day or add on 5 seconds. Your abs will thank you! To complete the challenge, track "Yes" for 90 days.		500
Bucket List January 1, 2027 – March 31, 2027 • FOCUS: EMOTIONAL. The Bucket List Challenge invites you to complete one item on your bucket list. If you don't have a bucket list (a list of things you want to do before you die), your first project is to make one. After that, choose one thing from your bucket list that you can feasibly accomplish this year and put a plan in place to do it. To complete this challenge, check the box indicating you completed one thing off your list.		300

Activities: Quarterly Challenges

Q4 (APR-JUN): REFLECT AND GIVE BACK	Possible Points: 1,600
Hard Times April 1, 2027 – June 30, 2027 • FOCUS: EMOTIONAL. The Hard Times Challenge invites you to donate non-perishable food to a charity. You could complete this challenge by donating a can of soup, but why not make it more than that? Giving not only touches the person receiving, but it also enriches your life as well. When selecting the items to donate, think about what you would want if someone gave you a bag of groceries. To complete this challenge, click "Track" and check the box "Yes, I donated food to a charity" three times or once a month this quarter.	300
Stair Master April 1, 2027 – June 30, 2027 • FOCUS: PHYSICAL. The Stair Master Challenge invites you to climb 900 flights of stairs in 90 days (10 flights a day). The goal is to build the habit of taking the stairs as much as you can instead of the elevator or escalator. Taking the stairs when you have a choice is a great habit to get into. It gets your blood pumping (cardio) and your muscles working (strength) at the same time. To complete the challenge, track 900 flights of stairs taken.	500
Hydrate H2O April 1, 2027 – June 30, 2027 • FOCUS: NUTRITION. The Hydrate Challenge invites you to drink 64 ounces of water each day for 90 days. Water is the best way to hydrate your body and has many additional benefits such as lubricating joints, keeping skin bright, promoting collagen production, aiding in cognitive function, boosting energy, and improving your mood. Track "Yes" each day you drink 64 oz of water. To complete the challenge, track "Yes" for 90 days.	500
Pay it Down April 1, 2027 – June 30, 2027 • FOCUS: FINANCIAL. The Pay it Down Challenge invites you to increase your monthly payment for one of your loans or credit cards. You decide how much. Determine an amount that you can maintain until that debt is paid off. By committing to pay down your loans more quickly, you'll save money on interest and reduce your stress level. You can save the most money if you pay more on the debt with the highest interest rate. You can also choose to work on the loan with the lowest principal to free up your cash flow. To complete this challenge, click "Track" and check the box "Yes, I increased the payment amount on a loan or credit card." Tip: Set up auto pay to easily increase your monthly payment without having to think about it.	300

Ascension Wisconsin Employer Solutions Wellness Program Consent Form

By electronically signing this consent and release, I agree to participate in Ascension Wisconsin Employer Solutions wellness program, which is sponsored by your employer/your spouse's employer. I agree to permit Ascension Wisconsin Employer Solutions, directly or through its affiliates, employees, subcontractors or agents ("Ascension"), to complete the test and measurements for the wellness screening, such as labs, biometrics, and tobacco usage and health risk assessments. I understand that the results of any wellness screening and the completion of my health questionnaire will be used as part of a wellness program and result in the creation of a health risk profile about me.

I understand that my results may be provided securely to me through the internet or on paper. I understand that if certain risk factors are found, I may be contacted at the address and phone number I provided to my employer about participating in wellness programs to address those risk factors. I understand that the data derived from any questionnaires is preliminary and not a complete diagnosis and that I should consult with my personal primary care practitioner regarding my results and any follow up care. I understand that participation in a wellness program will not be a substitute for a medical checkup and is not, by itself, a basis for making any decision about the need for medical care. Wellness programs are intended to be informative and educational and cannot predict whether I might develop a particular disease.

Your health information is confidential. We are required by law to maintain the privacy and security of your personally identifiable health information. I understand that Ascension and agents of my employer's health plan (e.g., brokers, third party administrators, etc.) may use the de-identified results of my screening and my health risk profile to determine aggregated group health risk factor statistics. I further understand and agree that Ascension and my employer's health plan may use and release any health information obtained as a result of my participation in the wellness program in the following ways: combining my health information with other individuals' health information to create and release de-identified, aggregated group health risk factor statistics; releasing my health information to Ascension and health professionals hired by my employer and its subcontractors, for each of them to contact me and follow up with me regarding any risk factors I may present; using my health information for research purposes to study the value of risk reduction and the maintenance of low risk behaviors; releasing the fact that I participated in any wellness programs to my employer and its health plan; and releasing a list of the wellness programs in which I participated to an administrator at my employer for the calculation of the incentive credits. Any individually identifiable medical information we obtain through the wellness program will be maintained separate from personnel records, information stored electronically will be secure and confidential, and no information you provide will be used in making employment decisions.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program (including the health plan which it is a part of), and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or our provision of an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program is required to abide by the same confidentiality requirements. We may disclose your information as necessary to respond to a request from you for a reasonable accommodation to allow you to participate in the wellness program, or as expressly permitted by law.

I understand that Ascension's affiliates provide medical care in Wisconsin. I agree that if I see an Ascension physician or obtain medical services from an Ascension hospital or outpatient clinic, that those Ascension providers will have access to my data and my health risk profile. I understand that these Ascension medical providers may not be "In-Network" providers under my employer's health plan.

My participation in the wellness program, including the wellness screening is voluntary. I may revoke this consent and release at any time (except to the extent that anyone already has acted in reliance upon it) by giving written notice to Ascension Wisconsin Employer Solutions, 400 West Riverwoods Parkway, Glendale, WI 53212, Attn: Vice President. If not previously revoked, this consent for participation in the wellness screening and for the release of information is effective so long as my employer offers health risk assessment screenings or wellness programs. A copy or facsimile of this document is as valid as the original. Employment, payment, enrollment, or eligibility for benefits will not be conditioned on obtaining this consent.

Ascension Wisconsin Employer Solutions uses the WellRight's software to administer its wellness program.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Ascension Wisconsin Employer Solutions at wellnessplatformsupportwi@ascension.org or your employer/your spouse's employer.