




DID YOU KNOW?

Teacher wellbeing is directly linked to student achievement, with studies showing that students perform better academically when their teachers report lower stress and higher job satisfaction. *(Source: American Psychological Association)*

Employee Wellbeing	Activities	Description
 <p>Physical</p>	<p>Yoga On Demand Aqua Fitness Open Swimming Line Dancing (coming soon)</p> <p>Fitness Club Discounts</p> <p>Real Appeal Weight Loss Program (UnitedHealthcare)</p> <p>Healthy Pregnancy and Maven (UnitedHealthcare and Surest)</p>	<p>Various fitness classes are available throughout the week during the academic school year and summer for employees. These classes are FREE to FBISD employees.</p> <p>Employee/Family discounts are available for many of the local fitness clubs through the One Pass Select Program. Go to www.OnePassSelect.com for more information and to register. We also continue to offer the discount plan for 24-Hour Fitness.</p> <p>The Real Appeal Weight Loss Program is a FREE virtual weight loss program available to all FBISD employees/dependents enrolled in a UnitedHealthcare medical benefit plan.</p> <p>The Healthy Pregnancy Program provides prenatal guidance to expecting mothers. For early intervention, employees are incented to enroll in the program during their first trimester and receive \$150 eGift card upon completion.</p>
 <p>Financial</p>	<p>FinPath Financial Wellness (TCG)</p>	<p>FinPath is a program focused on decreasing financial stress in the workplace. It also offers a low interest Loan Program for eligible employees.</p>
 <p>Mental & Emotional</p>	<p>Employee Assistance Programs (EAP)</p> <p>Stress Relief Toolkit (FBISD Wellness Team)</p>	<p>Employees have access to live counselors face-to-face or telephonically. Up to 6 FREE counseling sessions available per household member. Access to an EAP Consultant for employee counseling sessions during work hours.</p> <p>Focuses on the whole person through mindful tactics. It promotes a relaxed, comfortable state of being – the perfect state for teaching and learning.</p>