



POWAY UNIFIED SCHOOL DISTRICT WELLNESS PROGRAM

2020-2021 ACCOMPLISHMENTS | FALL 2020



Online Fitness Classes September 28 – December 20, 2020

- Eight (8) fitness classes offered each week for 12 weeks at different times (morning and evenings).
- Fitness classes included Yoga, Zumba/Dance, Total Body Workout, and Stretch and De-Stress.
- Over 300 employees signed up for the classes and an average of 10 participants or more attended each class.



Work of Art Online Challenge October 12 – November 22, 2020

- Online emotional wellbeing challenge offered during COVID-19 that focused on four areas: connection, gratitude, mindfulness, and optimism.
- 364 total registrants (352 employees and 12 household members).
- 188 participants (52%) met the program goal of earning 450 points or more.
- Employees who reached certain milestones qualified for prize drawings throughout the 6-week challenge.

Wellness Program received funding from Aetna for 2020.



Fall Wellness Class Series October 13 – December 9, 2020

- Total of 13 Wellness Classes offered on Zoom for all employees to attend.
- Class topics included: Breathwork, Cooking Demos, Stretch and Ergonomics, Mindfulness and Meditation, and Wellness Vision.
- Average of 15 participants or more attended each class.
- Also offered one 2-hour Online Benefits Fair event for employees to hear vendors' presentations and ask questions (110 participants attended this event).



Healthy Produce Discount Program September – November 2020

- Offered 850 discount codes of \$30 from Daily Harvest Express for employees to order produce boxes that were delivered to their homes or offices.
- Offered 240 discount codes of \$30 from Elements Cafe for employees to order healthy meals from the cafe during COVID-19.



Virtual Benefits and Wellness Fair October – November 2020

- Open Enrollment and Wellness information posted on Airbo website.
- 648 employees registered on the website for prizes.
- 2,152 total visits to the website.



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2020-2021 ACCOMPLISHMENTS | SPRING 2021



2021 Wellness Program Interest Survey January 27 – February 11, 2021

- Poway USD sent out an interest survey to all employees to get feedback and to help plan wellness programs for the semester and next school year.
- 386 employees responded to the survey.
- Mental Health was a common theme and top topic that respondents were interested in.



Online Fitness Classes January 25 – June 19, 2021

- Seven (7) fitness classes offered each week for 20 weeks in the evenings.
- Fitness classes included Yoga, Zumba/Dance, Beginner High Intensity Interval Training (HIIT), Mat Pilates, Stretch and De-Stress.
- Over 200 employees signed up for the classes and an average of 10 participants or more attended each class.



March Mindfulness Challenge March 1 – March 31, 2021

- Participants received free access to the Wise@Work premium version of the app, which provides work-focused meditations.
- Challenge goal: Complete 20 meditations in March.
- Total Participants – 140
- Total Training Time – 31,870 minutes
- Total Sessions Practiced – 3,498
- Participants with 20+ sessions – 64
- Those who reached the challenge goal received a \$20 e-gift card.
- Wellness Program is exploring purchasing the app for all employees for the 2021-2022 school year.



Snack Box Delivery Program to Depts. April – June 2021

- The Wellness Program sponsored the purchase of snack boxes with 100 snacks per box to send to departments.
- Department heads and/or admins were emailed and asked to provide their preferred delivery dates.
- 42 out of 54 departments responded and received snack boxes delivered to their locations by Daily Harvest Express.
- Received good feedback and appreciation from departments for the healthy snacks.
- Great morale booster for the end of the Spring semester.



Applied for the American Heart Association Workplace Health Achievement Index Award June 2021

- The Index is designed to help organizations assess the quality, comprehensiveness, and effectiveness of their workplace health program and the heart health of their employees.
- PUSD Wellness Program earned Bronze Award Status again in 2021 (will receive confirmation in August 2021).
- PUSD will receive a medal from American Heart Association each year the District applies for the award.

Wellness Program received funding from Anthem for 2021.



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