



Appleton Area School District

**Thomas G. Scullen Leadership Center
OFFICE OF HUMAN RESOURCES**

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TO: All AASD Employees

**FROM: Julie King
Chief Human Resources Officer**

DATE: January 22, 2018

RE: Personal Health Assessments (PHA) for Retirees

The District's Wellness Mission is to provide AASD employees and retirees with the knowledge, convenience, and resources to achieve a more balanced and healthy lifestyle through our wellness program. We are committed to raising health awareness by keeping our employees and retirees challenged and up-to-date on their health, fitness and well-being. Our wellness program is one avenue through which individuals can change lifestyle behaviors to become healthier in mind, body, and spirit.

In alignment with the mission statement and in an effort to heighten your health and wellness awareness, the District, along with WCA Group Health Trust, will be offering free Personal Health Assessments (PHA) for retirees and their spouse enrolled in the District health insurance as their **PRIMARY Insurance**. This CONFIDENTIAL SCREENING will provide you with valuable information about your health including a manual blood pressure screening, cholesterol measurement (total cholesterol, HDL, LDL, Triglycerides), glucose level and BMI along with personalized recommendations to help you improve or maintain your overall health.

Participation in the District Personal Health Assessment is **voluntary** for all retirees and participation **does not** affect their post-retirement health benefits. Personal Health Assessments will be offered now through February 24, 2018. To register for an appointment, please see the attached information regarding the Personal Health Assessment process or the links for the PHA process and the AASD Notice Regarding Wellness Programs are available on the District website at www.aasd.k12.wi.us under "Working in the District/Info for Retired Staff." **Please Note: This site will be used to update retirees on District information that pertains to that group.**

Please join us in this commitment to make the Appleton Area School District a healthier place. Together we can make a difference in improving the health and well-being of our community.

PLEASE NOTE: AASD will not have access to the individual results of the PHA program. You will need to present your WCA Group Health Trust Insurance card at the time of the screening. If you or your spouse have Medicare as their PRIMARY insurance that person is not eligible to participate in this program.

If you have further questions, please email Julie Zuleger at zulegerjulie@asd.k12.wi.us or call 920-997-1399 ext. 2041.