



River Trails

SCHOOL DISTRICT 26

Let's Get "Well" Together, and Earn Rewards Doing It! 2025-2026

Who: RTSD26 employees who are insurance-eligible

What: Earn financial incentives based on your participation level

When: The first opportunity to earn points is at the Biometric Screening Event!

How: Use the EBC Wellbeing Portal to register and log your data/information.
The Biometric Screening Data is sent directly to the district if you completed it.

This year the Benefits Committee has recommended an employee stipend of \$150 for obtaining 300 points and \$75 for 200 points out of 375 on our 2025-26 Wellness Challenge.

This year's Wellness Challenge includes:

Activity	Points	Notes
Biometric Screening/Wellness Survey	200	Complete the biometric screening at one of the scheduled events in September
Share Your Results with Your Physician	50	Share your biometric screening results with your primary care physician
Fall Group Activity Challenge - Take the Field Oct 13 - Nov 9	25	Participate through the EBC Wellbeing Portal and complete the challenge
Winter Group Challenge - NEWtrition Jan 12 - Feb 22	25	Participate through the EBC Wellbeing Portal and complete the challenge
Spring Group Challenge - Walk of Fame Apr 6 - May 3	25	Participate through the EBC Wellbeing Portal and complete the challenge
Sign up for EBC Wellbeing and Teladoc	25	Sign up (if you signed up previously this counts)
Mindful Spending & Smart Shopping, 4 Techniques for Managing Stress, Mental Health & Wellbeing, Understanding Diverse Perspectives, Healthy eating for Real Life, Figuring Out Fitness, Tech Effects on Social Wellbeing, Healthy Cholesterol, Diabetes Basics, Blood Pressure Basics	25	Watch all of these videos on the EBC Wellbeing Portal

[Link to EBC Wellbeing Portal Information](#) and to [Teledoc Information](#)

[Link to Google Form](#) for turning in biometrics data to your doctor

If you have questions, please do not hesitate to contact Lisa Sulek or Ryan Berry.