



UNITED INDEPENDENT SCHOOL DISTRICT INFORMATIONAL ITEM

TOPIC: Presentation of UISD Healthy Wage Team Competition

SUBMITTED BY: Laida P. Benavides, CPA **OF:** Division of Finance

APPROVED FOR TRANSMITTAL TO SCHOOL BOARD: _____

DATE ASSIGNED FOR BOARD CONSIDERATION: May 8, 2018

INFORMATIONAL REPORT:

UISD employees were invited to join a weight loss challenge starting in January. This particular weigh loss challenge was through a company Healthy Wage. The company provided the specifics to the employees through an APP where employees voluntarily joined by paying a fee of \$70. A person could join a team of 5 to help keep the motivation of losing weight. Through emails UISD provided information and motivation to those employees who joined the weight challenge. The challenge covered 12 weeks and ended April 20, 2018.

This program was recommended by a wellness committee to encourage our employees to lose weight in a healthy way. Losing weight can be very beneficial to everyone's health.