

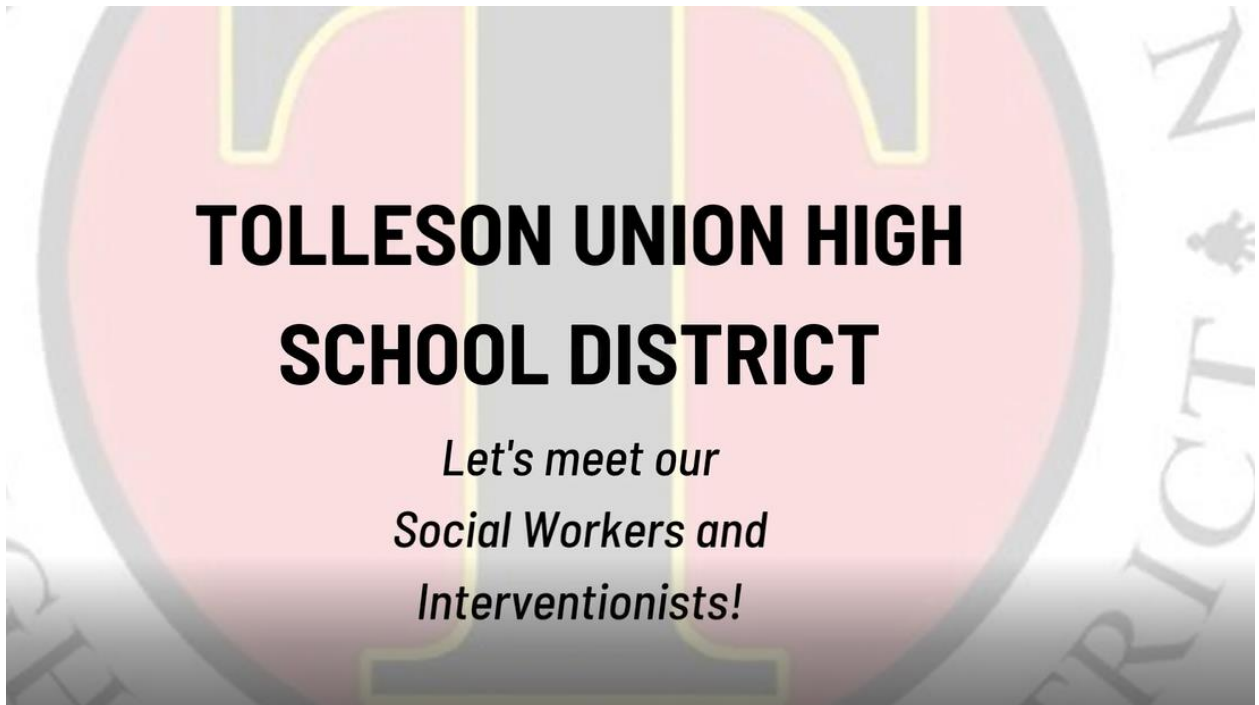


Do iT With Pride!

Friday, August 28, 2020

- **Meet the TUHSD Counselors**

Our team at TUHSD recognizes that students' behavior and mental health are a priority in supporting every student in their quest for academic excellence and the pursuit for success in college, career, and beyond. We are committed to providing multiple supports for students' Social Emotional Learning needs.



[Click on this link](#) to watch a video on the Social Workers and Interventionists in the Tolleson Union High School District

● **Meal Pack Curbside Pick-Up Hours have changed**

The new time is from 5 p.m. to 6 p.m. Same pick up day, every Tuesday, until in-person learning begins.



MEAL PACK CURBSIDE PICK-UP



- Who:** Student, Parent or Guardian may pick up meal pack
- What:** 5-Day Meal Pack
- Where:** All 6 TUHSD campuses
- When:** Every Tuesday 5-6 p.m.

● **For TUHSD Employees**

TUHSD employees, consider joining the District’s Wellness program. The WellStyles program gives you the tools to get active, get healthy and get rewarded! Register by visiting WellStyles online: join.virginpulse.com/WellStyles then click “Sign Me Up!”

JOIN YOUR WELLNESS PROGRAM TODAY!

The WellStyles program gives you the tools to get active, get healthy and get rewarded!

July 1st, 2020 – June 30th, 2021

Sign Up Today

Register by visiting WellStyles online: join.virginpulse.com/WellStyles then click “Sign Me Up!”

If you've already registered, visit the website and click “Sign In.” Once you have registered, try signing in on the Virgin Pulse app! Look for Virgin Pulse in your app store.

Your Rewards

Do healthy things → Win points! → Earn rewards!

Start completing healthy activities for points...the more points you get, the more you can earn!

All activity must be submitted/entered by June 30th, 2021.

	Level 1	Level 2	Level 3	Level 4
Points Earned	5,000	15,000	35,000	60,000
Rewards	\$50	\$75	\$125	\$150
Total:	(\$50)	(\$125)	(\$250)	(\$400)
Balance:	0	0	0	30

You can view your points by visiting the Rewards page and clicking on “My Rewards.”

SIGN UP!

SIGN IN

Employees on the HDHP Employee only plan will earn an HSA contribution of up to \$400. All other benefited employees will be eligible to earn up to a \$400 Visa gift card annually. Non-benefited (or waived) employees will be entered into a raffle to win a swag bag or \$260 Visa gift card.

HSA funding into the Optum bank account will occur in July/August 2021 once the district has received a list of HDHP employees the completed the program requirements.

All activities must be submitted by 6/30/2020
Sponsor Organization Name is “WellStyles”

HOW TO EARN POINTS

For more information on earning points, visit the Rewards page and click on “How to Earn” for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on “Statement” for a full list.

TRACKING ACTIVITIES
Find these activities on the tracking page of your website. For easy tracking, sync your phone or device! You can only go back two weeks (starting the day you register) to earn points for tracking activities.

- Exercise:** Earn 140 points max/day for exercise minutes, workouts, steps, and/or active minutes (1,000 steps = 10 points or 45 active minutes = 140 points). Get 7,000 steps 20 days in a month earn an extra 400 points or take 10,000 steps 20 days in a month for an extra 500 points!
- Healthy Habits:** Choose 3 activities (out of the 140+ habits) for up to 30 points/day. If you track 10 days in a month get an extra 200 points or 20 days in a month get an extra 300 points!
- Well Sessions:** Earn 20 points/day by completing a mindfulness class or yoga session. One program per week is 50 points, 10 sessions in a month is 100 points, and 20 sessions in a month is 200 points!

WELLNESS ACTIVITIES
Find wellness activities by going to the Rewards page, clicking on “How to Earn” and scroll down until you see the activity you want to submit. Once you click on the activity, enter your name, date of activity, and provider/location.

- Wellness Exam:** 20,000 points
- Cancer Screenings:** Mammogram or Breast Exam, Colonoscopy, Prostate Exam, and/or Skin Cancer Screening: 5,000 points each (15,000 points max)
- Dental Exam:** 2,500 points each (5,000 points max)
- Vision Exam:** 2,500 points
- Health Assessment:** 2,500 points
- Tobacco Free Agreement:** 250 points
- Biometrics:** 5,000 points
- Health Fair:** 7,500 points

Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam. For example, a doctor’s note or your explanation of benefits found on myuhc.com.

HEALTHY HABIT CARDS
Find your healthy habit cards on the home page of your website!

- Healthy Habit Cards:** Read 2 healthy habit cards daily for up to 40 points/day. Complete 10 daily cards in a month for 100 extra points or 20 daily cards in a month for 200 extra points!

CHALLENGES
Find Challenges on the challenge page of your website!

- Personal Challenge:** Earn 50 points for creating a personal challenge, 100 points for joining one, and 200 points for completing one (tracking 5 out of 7 days).
- Team Challenges:** Earn 100 points for registering for the 2-3 large team challenges offered every year. By registering and tracking once a week during the challenge, earn an additional 2,000 points. Earn even more points by commenting in the challenge, unlocking destinations, and reaching the final stage of the challenge.


Additional earning opportunities are available throughout the year!

Have questions on how to submit an activity, sync a device, logging in, or navigating the website? Dial (888) 671-9396 for access support.

Register by visiting WellStyles online: join.virginpulse.com/WellStyles then click “Sign Me Up!”

• **Community COVID-19 Testing – This Saturday**

Below is information on the latest COVID-19 testing taking place this Saturday at Grand Canyon University. This is a collaboration between Grand Canyon University, Chicanos por la Causa, Equity Health Foundation, Sonora Quest Laboratories, Adelante Healthcare and the Arizona Department of Health Services. Testing is between 6 a.m. and 11 a.m.



People are testing positive for COVID-19 but do not have symptoms. That means you could infect your loved ones without knowing it. If you need to be cleared for employment; are having COVID-19 symptoms; think you've been exposed to someone who has had it; or have been in public settings with a lot of people, get tested. Bring your entire family and invite your neighbors. Testing is available for children as young as 2 years. Results are provided within 72 hours.

EVENT DATE:
Saturday, August 29

LOCATION:
Grand Canyon University
5115 N. 27th Ave., Phoenix, AZ 85017
6am-11am

REGISTRATION AND INFORMATION:

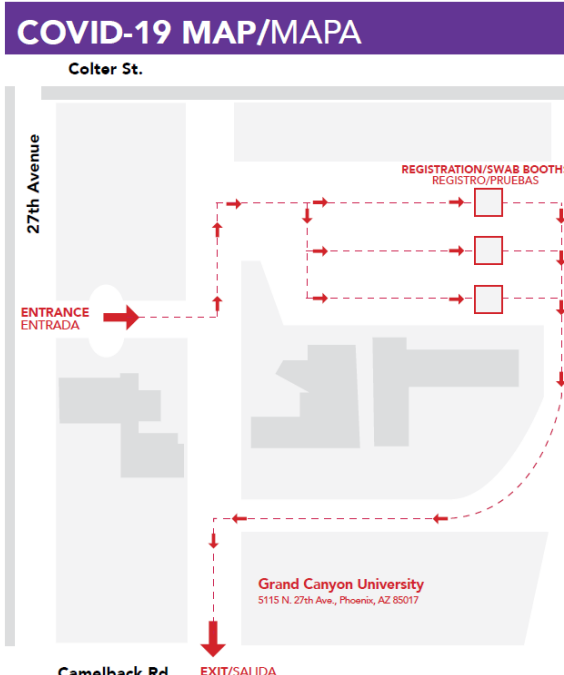
How to sign-up:
Online: equalityhealthfoundation.org/phx
Text: "FREE TEST" to 31996
Call: 888.587.3647

- No walk-ups accepted. Drive-thru only.
- Onsite registration is available if you don't have access to a computer/internet.
- Please wear a mask if possible. Free cloth face masks will be provided.
- COVID-19 symptoms include: Fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting, and/or diarrhea.

NO INSURANCE OR ID NEEDED **DRIVE-THRU** **FREE MASKS**

Results are provided within 72 hours. Access your results at sonoraquest.com/results or contact Sonora Quest Laboratories at PatientSolutionsTeam@SonoraQuest.com or call us at 602-685-9959. If you test positive for COVID-19, a medical provider will contact you to provide guidance on your next steps.

COVID-19 MAP/MAPA



Grand Canyon University
5115 N. 27th Ave., Phoenix, AZ 85017

GRAND CANYON UNIVERSITY

#SafeAtHome
#MaskUpArizona

EQUALITY HEALTH FOUNDATION

For more information, click on this link:

<https://www.facebook.com/TUHSD/photos/pcb.1728312620684918/1728312344018279/>

Please check the #TUHSDStrong tab on our website (www.tuhd.org) for archived versions of our updates. Take care and stay healthy.

