

Willoughby-Eastlake Schools

Wellness Committee

Fall 2022



Wellness Clinic

Our Wellness Clinic is open! The Willoughby-Eastlake location is open on Wednesdays and Fridays. The Mentor location is open on Mondays, Tuesdays and Thursdays. Please call ahead before going to either location and bring your medical cards and driver's license. Please see the email attachment about the Wellness Clinic for additional information. This information is also available on our district website, under *Staff Links*. **More Wellness Clinic updates will be coming soon!**

New This Year

Check out the Rally app! This app is offered by United Healthcare. There are several ways to track healthy habits on the app. We will also offer challenges through the app during the school year. You will have chances to win awesome prizes! Be sure to download the app and sign up today!



Gym Reimbursements

Gym reimbursements will continue for the 2022-2023 school year. **This year, reimbursement forms will only be submitted one time.** Staff members requesting reimbursement will submit the district form, proof of payment and attendance by May 10, 2023. The requirement for reimbursement is to attend a gym, fitness class or online program 40 times, from August 2022-December 31, 2022 and 40 times from January 1, 2023-April 30, 2023. See the gym reimbursement form (attached to email or under *Staff Links*) for details.



Area Gym Discounts

In addition to our fitness reimbursement for staff members, some gyms in our area also offer discounts for Willoughby-Eastlake employees.

Powerhouse Gym (Eastlake)

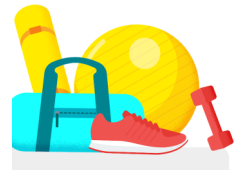
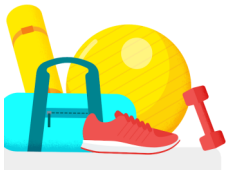
\$20.00 enrollment and \$25.00 a month for school employees

West End YMCA (Willoughby)

\$0 Enrollment fee and monthly discounts off each type of membership (\$7 off Family membership, \$6 off 2-Person Family, \$4 off Adult membership, \$2 off a Youth membership)

Milestone Athletic Club (Willoughby Hills)

\$1 Enrollment for Teachers and Staff



Flu Shots

We will offer flu shots, in each building, this school year. A schedule for flu shots will be sent out soon!



Questions for the Wellness Committee?

If you have any questions for the Wellness Committee, please email:

wellness.committee@weschools.org

Virtual Visits

Did you know we have access to FREE and convenient virtual visits through United Healthcare? Attached to the Wellness Committee email is a flyer which explains more about this benefit, including how and when to use it.

**United
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