

THE SCHOOL DISTRICT OF OSCEOLA COUNTY, FL HEALTHY PREGNANCY HEALTHY BABIES PROGRAM

PROGRAM INSTRUCTIONS

We commend you on your decision to participate in the Healthy Pregnancy, Healthy Babies Program. Please follow the instructions below to complete the enrollment process:

1. Read the enclosed Healthy Pregnancy, Healthy Babies Program Frequently Asked Questions.
2. Complete the *Live Life Well* Enrollment Form and sign the Informed Agreement/Consent. Email completed forms to Wellness@osceolaschools.net or send to Risk and Benefits.

Once Enrollment is confirmed:

1. Complete the To-Do-List throughout your pregnancy AND keep it for your records until the last week of pregnancy.
2. Attend a Lamaze/Childbirth class from the provider of your choice.
3. Submit copies of items 1 & 2 upon completion to be eligible for the cash incentive.

Once we receive the Enrollment Form and the Informed Agreement/Consent you will receive a welcome letter, a welcome gift and educational materials for you to review and use throughout your pregnancy.

Please do not hesitate to contact us if you have any questions about the program or need assistance completing the enrollment forms. Your enrollment packet can be mailed, emailed, faxed or scanned using the following information:

Live Life Well

Employee Wellness Program
Risk and Benefits Management
The School District of Osceola County, FL
817 Bill Beck Blvd. Kissimmee, FL 34744
(407) 870-4840 ex. 67515
Wellness@osceolaschools.net

We are excited to support you in your efforts to have a healthy pregnancy and a healthy baby!

