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2024 - 2025

SDOC Wellness Program

Unlock your potential. Reward yourself.

The 2024 – 2025 SDOC Wellness Program is offered to all employees enrolled in the School District of Osceola County medical plan. After August 1, 2024, you can complete the qualifying wellness activities listed below to begin earning Rewards Points. This guide will help you understand each wellness activity and how to earn points upon completion.

To qualify for the 2025/2026 wellness incentive, you will need to earn 100 points by July 31st, 2025.

Enroll Now And Start Earning Rewards!

1. Visit ebms.com and click the green “Login” button in the top right.
2. Once signed into miBenefits, click on the “Health & Wellness” tab, select “miHealth Manager” and explore the wellness portal.
3. Complete the registration process using your full legal first and last name.
4. Select the ‘Rewards’ tab at the top of the page to enroll.



SDOC Wellness Activities

August 1, 2024 – July 31, 2025

Know Your Numbers	Points Earned	Submission
Health Risk Assessment	25	Admin Verified
Complete Your Lab Work	25	Admin Verified
Preventive Care/Vaccinations	Points Earned	Submission
Annual Physical	25	Admin Verified
Dermatology Visit	25	Admin Verified
Annual Flu Shot	20	Admin Verified
Cervical Cancer Screening*	20	Admin Verified
Colon Cancer Screening*	20	Admin Verified
COVID-19 Vaccine/Booster	20	Admin Verified
Dengue (Break-Bone Fever, IE; Due to Mosquitoes) Vaccine	20	Admin Verified
Hepatitis A & B Vaccine	20	Admin Verified
Human Papilloma Vaccine	20	Admin Verified
Mammogram Screening*	20	Admin Verified
Measles, Mumps, Rubella Vaccination	20	Admin Verified
Meningococcal Vaccine	20	Admin Verified
Pneumonia Shot	20	Admin Verified
Prostate Cancer Screening*	20	Admin Verified
Rotavirus Vaccine	20	Admin Verified
RSV Vaccine	20	Admin Verified
Shingles Shot	20	Admin Verified
Tetanus, Diphtheria Vaccine	20	Admin Verified
Varicella (Chicken Pox) Vaccine	20	Admin Verified
Well-Women Exam *	20	Admin Verified

SDOC Wellness Activities

August 1, 2024 – July 31, 2025

Health & Well-Being	Points Earned (25 Points Maximum)	Submission
Check Your Pay Slip	5	Self-Verified
Complete a Fitness Event	5	Self-Verified
Complete Financial Wellness/Retirement Class	5	Self-Verified
Participate in a Sports League	5	Self-Verified
Participate in a challenge or a program with your Health Champion	5	Self-Verified
Join a Fitness Center/Gym	5	Self-Verified
Annual Vision Exam	5	Self-Verified
Dental Exam	5	Self-Verified
Set up your Orland Health Virtual Visit Account	5	Self-Verified
Attend a District Sponsored Health Fair	5	Self-Verified
Attend a Wellness Seminar Hosted by the Center of Employee Health	5	Self-Verified
Tobacco-Free Attestation	5	Self-Verified
Meet with a Dietician	5	Self-Verified
Participate in Health Wage Loss Competition	5	Self-Verified
Participate in District Healthy Babies Program	5	Self-Verified
Volunteer in Your Community	5	Self-Verified
Attend a Work-Related Seminar or Conference	5	Self-Verified
Utilize EAP Services or Complete an EAP Educational Course	5	Self-Verified

Know Your Numbers Wellness Activities

Health Risk Assessment

Learn more about your health and well-being by completing the Health Risk Assessment.

To get started, log into your wellness account at ebms.com, and click on the Health Assessment tile, then select the Get Started button. After you answer all required questions, be sure to click the Submit button to receive your results and personalized recommendations.

How to Complete:

Points will be awarded to your Rewards page within 2 days of completing the health risk assessment. This activity can be completed one time.

Complete Your Lab Work

Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening. We recommend using the Health Center, which has zero co-pay. In conjunction with our Even Better Benefits theme this year, Quest Diagnostics (Tier 1 Provider) and Lab Corp (Tier 2 Provider) can be utilized as well.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your lab work. This activity may be completed one time. Note: This may take up to 60 days from the date of submission

Preventive Care/Vaccinations Wellness Activities

You may submit your proof of visit/vaccination by visiting the Rewards page, selecting the appropriate activity, and then selecting the Upload File button under the activity to upload documentation.

Note: It may take up to 60 days from the date of your exam to be awarded My Rewards points.

*** Age and Gender appropriate preventive care screenings.**

Annual Physical

Visit your primary care provider for a no-cost preventive exam which reinforces good health and address potential and chronic problems.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your annual physical. This activity may be completed one time.

Dermatology Visit

A full body skin check can be used as a preventive measure to detect skin cancer. Skin cancer is treatable if it is detected early. Schedule your yearly skin check with your dermatologist today.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your dermatology visit. This activity may be completed one time.

Annual Flu Shot

Prioritize your general health & prevention by getting your annual flu shot.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your flu shot. This activity may be completed one time.

Preventive Care/Vaccinations

Wellness Activities

You may submit your proof of visit/vaccination by visiting the Rewards page, selecting the appropriate activity, and then selecting the Upload File button under the activity to upload documentation.

Note: It may take up to 60 days from the date of your exam to be awarded My Rewards points.

** Age and Gender appropriate preventive care screenings.*

Cervical Cancer Screening*

Pap and HPV tests can be used as a preventive measure to detect changes that lead to cervical cancer.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your cervical cancer screening. This activity may be completed one time.

Colon Cancer Screening*

Colon Cancer is treatable when detected early. Get tested.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health with 60 days of completing your colon cancer screening. This activity may be completed one time.

COVID-19 Vaccine/Booster

Studies show COVID-19 vaccines are very effective at keeping you from contracting severe illnesses from COVID-19.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your COVID-19 vaccine/booster. This activity may be completed one time.

Dengue (Break-Bone Fever, IE; Due to Mosquitoes) Vaccine

Dengue Fever is a viral infection that spreads from mosquitoes to people. Earn points by getting your Dengue vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your Dengue vaccine. This activity may be completed one time.

Hepatitis A & B Vaccine

Hepatitis is often caused by a virus. Protect yourself by getting the Hepatitis A and B vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your Hepatitis vaccination. This activity may be completed one time.

Human Papilloma Virus Vaccine

HPV is an infection that causes warts. Prioritize your general health & prevention by getting your HPV vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your HPV vaccination. This activity may be completed one time.

Preventive Care/Vaccinations

Wellness Activities

You may submit your proof of visit/vaccination by visiting the Rewards page, selecting the appropriate activity, and then selecting the Upload File button under the activity to upload documentation.

Note: It may take up to 60 days from the date of your exam to be awarded My Rewards points.

** Age and Gender appropriate preventive care screenings.*

Mammogram Screening*

Up to 90% of breast cancers are found using mammogram tests. Get tested and earn awards.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your mammogram screening. This activity may be completed one time.

Measles, Mumps, Rubella Vaccination

The MMR vaccination protects against measles, mumps, and rubella. Earn points by getting your MMR vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your MMR vaccination. This activity may be completed one time.

Meningococcal Vaccination

Meningitis is a rare infection that can affect the brain and spinal cord. Prioritize your health by getting the Meningococcal vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your Meningococcal vaccination. This activity may be completed one time.

Pneumonia Shot

Prioritize your general health & prevention by getting your Pneumococcal vaccination.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your vaccination. This activity may be completed one time.

Prostate Cancer Screening*

A prostate screening can be used as a preventive measure to detect changes that lead to prostate cancer.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your prostate cancer screening. This activity may be completed one time.

Rotavirus Vaccine

A prostate screening can be used as a preventive measure to detect changes that lead to prostate cancer.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your vaccination. This activity may be completed one time.

Preventive Care/Vaccinations

Wellness Activities

You may submit your proof of visit/vaccination by visiting the Rewards page, selecting the appropriate activity, and then selecting the Upload File button under the activity to upload documentation.

Note: It may take up to 60 days from the date of your exam to be awarded My Rewards points.

** Age and Gender appropriate preventive care screenings.*

RSV Vaccine

RSV is a common respiratory virus that infects the lungs. Earn points by getting your RSV vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your RSV vaccine. This activity may be completed one time.

Shingles Shot

Shingles provokes a painful rash with blisters and can be followed by chronic pain, as well as other health related complications. Earn points by getting your shingles shot.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your shingles shot. This activity may be completed one time.

Tetanus, Diphtheria Vaccine

The Tdap vaccination prevents against tetanus, diphtheria, and pertussis. Prioritize your general health & prevention by getting your Tdap vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your Tdap vaccine/booster. This activity may be completed one time.

Varicella (Chicken Pox) Vaccine

Chickenpox causes an itchy rash with small blisters which is highly contagious to those who haven't had chickenpox or been vaccinated against it. Earn points by getting your Varicella vaccination.

How to Complete:

The points will be awarded to your Rewards page by Marquee Health within 60 days of completing your chicken pox vaccine. This activity may be completed one time.

Well-Women Exam

A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.

How to Complete:

The points will be uploaded to your Rewards page by Marquee Health within 60 days of completing your well-woman exam. This activity may be completed one time.

Health and Well-Being Wellness Activities

Each activity is worth 5 Points. A maximum of 25 points can be earned in this category.

Check Your Pay Slip

Review and confirm your pay slip and confirm the deductions on your paycheck are accurate. Log into the employee portal at <https://employees.osceola.k12.fl.us>.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Complete a Fitness Event

Participate in a fitness event (5K, 10K, half marathon, marathon, obstacle course, etc.) or participate in a weight management program such as Weight Watchers.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Complete Financial Wellness/Retirement Class

Participate in a class to improve your financial literacy or meeting with a Financial Counselor.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Participate in a Sports League

Participate in a recreation or sports league to increase your physical activity. This includes basketball, volleyball, bowling, etc.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Participate in a challenge or program with your Health Champion

Participate in a program coordinated by your Health Champion to encourage physical activity within your school or department.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Join a Fitness Center/Gym

Join a fitness center/ gym or be a current gym member.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Health and Well-Being Wellness Activities

Each activity is worth 5 Points. A maximum of 25 points can be earned in this category.

Annual Vision Exam

Complete your annual vision exam. Annual vision exams are important to maintain vision health.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Dental Exam

Bi-annual dental exams are important to maintain oral health.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Set up your Orlando Health Virtual Visit Account

Download the Orlando Health Virtual Visit app available on Apple and Android and create an account. Get treatment from a doctor for minor, non-emergency conditions for ZERO cost to the member on the SDOC medical plan. Available 24 hours day, seven days a week. If you experience registration issues, contact 1-855-549-2235. Registration Code: SDOC2020

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Attend a District Sponsored Health Fair

Participate in a District sponsored Health Fair.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Attend a Wellness Seminar Hosted by the Center of Employee Health

The Center for Employee Health will offer seminars and programs to meet your health and wellness needs. Contact the Center for more information.

How to Complete:

Visit the Rewards page at ebms.com, click on the activities from the list that you completed, and click 'Save' to see your points update immediately.

Health and Well-Being Wellness Activities

Each activity is worth 5 Points. A maximum of 25 points can be earned in this category.

Tobacco-Free Attestation

Attest to living a tobacco-free lifestyle by visiting mymarqueehealth.com, clicking on the Tobacco Affidavit tile and selecting the appropriate response by July 31, 2025. If you are a tobacco-user, you are invited to enroll in UBreathe, tobacco cessation coaching by calling 800.882.2109 option 1 or emailing coaching@marqueehealth.com. To be eligible for the incentive, you must enroll in Ubreathe coaching by June 20, 2025, and complete 5 weekly coaching sessions by July 31, 2025.

How to Complete:

Log into mymarqueehealth.com and click on the Rewards page. Click on this activity, choose the appropriate response and click 'Save' to see your points update immediately after attesting to a tobacco-free lifestyle or completing Ubreathe coaching.

Meet with a Dietician

Meet with a Dietician or attend a presentation with the Center for Employee Health Dietician.

How to Complete:

After completion, log into your wellness portal and click on the Rewards page. Select the log date, click on this activity and enter the type of event in the 'Notes' section. Select 'Yes' and click 'Save'.

Participate in Healthy Wage Weight Loss Competition

Participate in a Healthy Wage Weight Loss Competition.

How to Complete:

After completion, log into your wellness portal and click on the Rewards page. Select the log date, click on this activity and enter the type of event in the 'Notes' section. Select 'Yes' and click 'Save'.

Participate in District Healthy Babies Program

As an employee of the district, you and your spouse have full access to our Pregnancy Program. Enroll to learn all about achieving a healthy pregnancy and delivering a healthy baby. To register, contact wellness@osceolaschools.net. This program has been designed to assist you with useful information, resources, and tips to help educate and guide you through the completion of your pregnancy. This program will also provide you with critical answers for both planned and unplanned pregnancies. You will also receive a cash incentive upon completion of requirements.

How to Complete:

After completion, log into your wellness portal and click on the Rewards page. Select the log date, click on this activity and enter the type of event in the 'Notes' section. Select 'Yes' and click 'Save'.

Volunteer in Your Community

Volunteer in an event or program in the community.

How to Complete:

After completion, log into your wellness portal and click on the Rewards page. Select the log date, click on this activity and enter the type of event in the 'Notes' section. Select 'Yes' and click 'Save'.

Health and Well-Being Wellness Activities

Each activity is worth 5 Points. A maximum of 25 points can be earned in this category.

Attend a Work-Related Seminar or Conference

Attend a work-related Seminar or Conference.

How to Complete:

After completion, log into your wellness portal and click on the Rewards page. Select the log date, click on this activity and enter the type of event in the 'Notes' section. Select 'Yes' and click 'Save'.

Utilize EAP Services or Complete an EAP Educational Course

Your Employee Assistance Program, ComPsych, offers guidance, articles, podcasts, videos and other helpful tools accessible whenever and wherever you need them. EAP Resources include: Confidential Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources, Online Support (article, podcasts, etc.), and Free Online Will Preparation.

Phone: 1-888-882-0797 (available 24/7) Website: guidanceresources.com (Web ID: OCSOCS)

Mobile App: GuidanceResources Now (mobile)

How to Complete:

After completion, log into your wellness portal and click on the Rewards page. Select the log date, click on this activity and enter the type of event in the 'Notes' section. Select 'Yes' and click 'Save'.

PROGRAM FAQs

Why don't I receive completion right away for some activities?

Certain activities must be administratively verified by Marquee Health for accuracy. Our team works as quickly and efficiently as possible to award points in a timely manner, however, it can take up to 60 days for activities to be reflected within your account. The 60 days is from the date of processing, not the date of service of an activity.

How do I self-verify the activities I have completed?

Visit the Rewards page at ebms.com and click on the activity you completed. Change the dial from 'No' to 'Yes' to see your points update immediately. When an activity has been redeemed for My Rewards credit, you will see a green checkmark on your Rewards page next to that activity.

Will my personal results in this program be shared with my employer?

No, the personal information gathered from program participants in the health screening, and online health assessment, is entirely confidential and maintained by the Wellness Portal Administrator. Your results will not be disclosed to anyone at The School District of Osceola County and the district will only receive aggregate data which will be used to design future wellness programs. The District will only be notified that an activity was completed by individuals in order to determine qualification of the incentive. The Wellness Portal Administrator is obligated under federal regulations to keep your information confidential.

Who is eligible to participate in the Wellness Incentive Program?

Employees who are enrolled in the medical plan through The School District of Osceola County. Covered dependents under your health plan are not required to earn points to receive the discount.

**Any employee hired in the current plan year and enroll in benefits will automatically be awarded the incentive for that plan year. These employees must still earn 100 wellness points by July 31st of that plan year to retain the incentive for the next plan year. If the employee is hired in May, June, or July of the current plan year, they will automatically earn the incentive for the next plan year.*

**Retirees do not have to meet the points*

What is the timeframe to earn my wellness incentive discount?

The period to earn your wellness incentive points for the next plan year is between August 1st and July 31st of the current plan year.

Both my spouse and I work for the district and are considered half-family as we cover our children on our medical plan. Should my spouse and I complete the 100 points?

Only the primary employee (person having premium deducted) needs to earn 100 points for the incentive.