

New Teacher Wellness Hours

We are encouraging all new teachers to earn their **3 required wellness hours** through the **My Active Health** or **Employee Assistance Program** by following the instructions below **OR** by attending an **ONSITE WELLNESS Coaching Seminar** provided by PEEHIP and TEAM UP for Health. If you attend one of the ONSITE WELLNESS Coaching Seminars, please submit documentation to your administrator to be sent in for your 3 hours of Wellness PD.

My Active Health (PEEHIP)

- Go to the **Shelby County Schools** webpage
- Click the red **Human Resources** tab
- Click **Wellness Program** listed under Quick Links
- Click the red **My Active Health** tab
- Create an account then log in
- On the homepage, click **Dashboard** then **Digital Coach**
- Choose a category and click an activity to begin earning **heartbeats**
- Each activity is worth, 5, 10, 15 or more heartbeats.
- Your heartbeats are always calculated in **green** in the upper right hand corner
- Click that green number to get your **heartbeat progress report**

When you have completed 100 heartbeats, print the heartbeat progress report and submit it to your administrator to be sent in for your 3 hours of Wellness PD

Employee Assistance Program EAP (non PEEHIP)

If you do not have insurance through PEEHIP, you can follow the directions below to earn your wellness professional development hours.

- Go to the **Shelby County Schools** webpage
- Click the red **Human Resources** tab
- Click **Wellness Program** listed under Resources
- Click the **Employee Assistance Program** tab on the left side of the page
- Create an account then log in
- Choose articles of interest to read and complete the **EAP New Teacher Wellness Professional Development** form attached

When you have logged 3 hours of PD on the EAP New Teacher Wellness PD form, submit the form to your administrator to be sent in for 3 hours of Wellness PD

