

CSEBA Gives Back to School Districts in a Variety of Ways

California Schools Employee Benefits Association Rewards Members Who Participate and Succeed in Health and Fitness Campaigns

SAN BERNARDINO, CALIFORNIA, UNITED STATES, March 13, 2017 /EINPresswire.com/ -- For 30 years, [California Schools Employee Benefits Association](http://CaliforniaSchoolsEmployeeBenefitsAssociation.com) (CSEBA) has been a jointly managed, full service benefits provider, that addresses members' health and wellness needs through personal connection and technological assistance. At the same time, CSEBA has been working to reward member school districts for their participation in programs that support a healthy lifestyle. In the last year alone, these "Giving Back" campaigns have promoted everything from knowing the importance of cholesterol and blood pressure numbers to helping school employees reach a healthy weight. The idea that active and healthy employees perform better at work, has been the backbone to many of these campaigns.

In 2016 CSEBA collaborated with Go365, formerly Humana Vitality, to award checks to the winning districts who had the highest percentage participation in a "health assessment challenge". After a designated period, participants in the Cucamonga School District and Savanna School District were awarded a \$2,000 check to further their wellness agenda.

During the month of July, CSEBA launched the "Know Your Numbers Campaign" encouraging employees to better understand their health with a Biometric Screening, to prevent heart disease and other related issues. The campaign helped employees identify their ideal blood pressure, blood sugar, body weight and cholesterol numbers. Everyone who participated through December was entered into a monthly drawing for gift cards worth up to \$100 dollars and the district with the highest participation received a \$500 gift card along with one member randomly drawn.



Annual meeting to award CSEBA member school districts



CSEBA and Go365 present checks to winning School Districts

Soon after, CSEBA proudly awarded the Silver Bell - highest achievement in health and wellness award, to three California School Districts. Engraved with, "For your dedication to promoting wellness and outstanding employee engagement", the Silver Bell Award and fitness monitoring wristbands were awarded to North Orange County ROP, Savanna, and Cucamonga School Districts.

CSEBA has continued to encourage health and fitness habits plus overall wellness for school employees. As of February 1st, CSEBA started a sixteen week wellness campaign in partnership with Kaiser, Blue Shield, Humana, and Health Advocate. Each month focuses on a new way to improve health and employee performance. February's observance of American Heart Month was a success; members received weekly emails with tools and information about better eating in addition to lowering their cholesterol.

This month, CSEBA and its partners are campaigning for National Weight Management Month, followed by blood pressure management in April, and featuring diabetes awareness in May. Also, he [Annual CSEBA 5K Walk/Run](#) will be held on April 2, 2017 at Chaffey College. Schools, staff, families and community members of all ages and skill levels are welcome to participate to promote student wellness in CSEBA's member districts. Proceeds from this event will go to grants to fund health and wellness programs in their schools as an attempt to combat childhood obesity.

CSEBA hopes to steadily increase engagement with school employees and encourage an overall healthy lifestyle for many years to come. Through programs like these CSEBA continues its mission is to be the premier provider of quality, cost effective employee benefit programs, services and resources tailored to the needs of their members.

About CSEBA: California Schools Employee Benefits Association is a CAJPA (California Association of Joint Powers Authorities) accredited not-for-profit schools insurance risk pool that focuses on meeting the needs of member districts by maintaining stable rates, innovative products, programs and services. CSEBA has more than thirty years of service working with the educational public sector and is among the top five largest school run joint powers authorities in California. Currently there are 45 Districts in the CSEBA JPA spread across 5 counties throughout Southern California. An executive committee and Board of Directors ensures that the needs of all members; certificated, classified, confidential and management voices are heard. For more information call: (909) 763-4900, or visit www.csebajpa.org

Dave Gyurina
Estey-Hoover Advertising & PR
(949) 756-8501
email us here

2nd Annual CSEBA 5K Walk/Run
REGISTER NOW
www.csjpa.org/5k2017

April 2, 2017

\$35 for 18 and over, \$10 under 18

- Race day registration and packet pick up - 7:30 am
- Kids Walk/Run, under 12 years old - 8:30 am
- Kid Zone fun activities - 7:30 am to 11:30 am
- Visit Vendors - 7:30 am to 11:30 am
- Official CSEBA 5K start time - 9:00 am

Chaffey College
3885 Haven Avenue, Rancho Cucamonga, CA 91737

SCAN THIS CODE FROM YOUR MOBILE DEVICE TO REGISTER

5K Walk/Run
Chaffey College
3885 Haven Avenue, Rancho Cucamonga, CA 91737

CSEBA 5k Fun Run at Chaffey College for all ages

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