

New Teacher Wellness Hours

We are encouraging all new teachers to earn their 3 required wellness hours through the [Employee Assistance Program](#) by following the instructions below. You may also count one hour for each New Teacher Support meeting that you attend. These are offered by the Human Resources Department.

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

[Employee Assistance Program EAP](#)

Follow the directions below to earn your wellness professional development hours.

- Go to the Shelby County Schools website
- Click on the Human Resources link, click on employee benefits
- Click the Employee Assistance Program (EAP Information) on the right side of the page under Quick Links
- Read the flyer and then go to Uprise Health website at <https://members.uprisehealth.com>
- Enter access code: **SHELBYCOUNTYSCHOOLS**
- Scroll down and click on “Work Life Sign In”
- Click on more resources, articles
- 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 New Teacher Wellness PD form, submit the form to your administrator to be sent in for 3 hours of Wellness PD

