

WELLNESS OPPORTUNITIES



Earn 1 Point for Each Activity

- To receive your point, fill out the provided Wellness Opportunity Voucher (see example on top of voucher form) and submit the completed voucher either electronically to wellatwork@jacksonnc.org or paper copy via interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center**.
- Vouchers can be found on the Well@Work section of the Jackson County website jacksonnc.org/well-at-work.html
- You earn **1** point for each wellness opportunity you participate in.
- To qualify for a point you must participate in the wellness opportunity between **July 1, 2016** and **May 31, 2017**.
- Vouchers must be submitted within **30** days of participating in the wellness opportunity. Vouchers submitted after **30** days will **NOT** be accepted.
- What activities earn points? Below is a list of example wellness opportunities that you may receive **ONE** wellness point for doing. Participate in an opportunity not listed here? Great! Please contact the Well@Work committee at wellatwork@jacksonnc.org to see if the activity qualifies.
- Example Wellness Opportunities:
 - Weight Watchers (or other supervised weight management program) - you must actively participate for at least 1 month)
 - Preventative Health Care (only 1 point may be earned for this opportunity)
 - Dental cleaning
 - Annual physical at your doctor's office
 - Annual mammogram
 - Pap smear
 - PSA test
 - Flu shot
 - Skin Cancer screening
 - Colonoscopy
 - Quitting tobacco (at least 120 days of being tobacco free) or participating in a tobacco cessation program
 - Organized community fitness events (5Ks, sponsored walks, hiking club, bike rides, volleyball tournament, etc.)
 - Blood donation
 - Crescent Disease Management classes
 - Healthful Living classes offered in the community (ex. Health Department, Cooperative Extension, Senior Center, Recreation Center, MedWest, Jackson County Public Library, Western Carolina University, etc.
- All vouchers must be submitted no later than Monday, June 5, 2017.
- Questions? Please contact the Well@Work committee at wellatwork@jacksonnc.org or **Human Resources** at **631-2212**.

