

**“YOUR HEALTH IS YOUR WEALTH”**

**Invest in your health today!!**

## **JACKSON COUNTY EMPLOYEE WELLNESS PROGRAM**

### **Mission Statement:**

The **Jackson County Employee Wellness Program** is dedicated to enhancing the health and well-being of Jackson County employees by providing services that motivate employees to move toward optimal health.

### **FOR THE HEALTH OF IT!!**

The Employee Wellness Program is designed to positively impact the health of our workforce and the financial health of Jackson County. Employees learn to develop and incorporate healthy choices into their lifestyle through education and activity resulting in healthier employees, improved morale, reduced absenteeism and cost savings for Jackson County.

So, when you see an education program or a fitness activity that will benefit you and/or your health, please participate....**JUST FOR THE HEALTH OF IT!!**

Message from the Jackson County Board of Commissioners

*Believing that “well” employees are better equipped to provide strong customer service and more efficient and effective work, the Jackson County Board of Commissioners is dedicated to promoting and maintaining an organization that encourages environmental and social support for wellbeing and a healthy lifestyle through education, communication, and resources that will benefit all Jackson County staff and their families.*

*Jack Debnam,*

Chair, Jackson County  
Board of Commissioners

### **Wellness Services Offered...By appointment or walk-in**

- Onsite care for routine illnesses and minor injuries – **no charge**
- Annual wellness/preventative medical screenings and follow-up – **no charge**
- Referral source for chronic illnesses (i.e., blood pressure, diabetes, asthma, etc.) – **no charge**
- Routine lab work as required by clinic visit – **no charge**
- Drug testing for pre-employment and employment purposes – **no charge**
- Physical fitness challenges and special incentive plans – **no charge**
- Wellness Education Classes and Well at Work Programs/Wellness education classes – **no charge**

- Lab work for a doctor's order – co-pay will apply
- Immunizations to include flu shot and other immunizations as required for job (i.e., Tetanus, Hep B, TB Tests, etc.) - **\$25.00 charge**

The clinic is located at the Health Department and is operational Monday through Friday, 8:00 A.M. to 5:00 P.M.

### **Check Your Emails Often!**

You will be kept informed of all the various programs and activities being sponsored by the Wellness Program. Many of the educational programs will be offered during lunchtime. A schedule will be sent to employees with a listing of the program being offered and the location.

There will also be incentive programs in which cash rewards and other prizes will be offered for completion of these programs. More information will be forthcoming about the programs and incentives. Remember.....YOU are responsible for your health.

**For appointments or questions, call Sheyenne at 586-8231 or Lewis at 587-8260.**