



Dear Jackson County Employees,

We enjoyed having the opportunity to talk to so many employees during the Open Enrollment and health screening in June. Thank you for your participation and enrollment in YOUR employee wellness program – Well@Work. We gathered a lot of great information from your surveys and comments to us, regarding what programs and classes you are interested in. We are EXCITED to have the opportunity to provide these programs for you, and to help you achieve a higher level of health and wellness. This is going to be FUN!

Along with programs, challenges, and weekly e-tips that the Well@Work Team provides, our insurance provider, Crescent, will be offering some great educational opportunities in chronic disease prevention and management. And please do not forget that participants in the health screening receive a 50% discount at the Recreation Center in Cullowhee! We hope you will truly take advantage of these awesome benefits!

You can expect 6 educational classes and up to 8 challenge opportunities throughout the year from your Well@Work team. These classes will be offered from 12:00-1:00pm and 5:15-6:15pm. If you plan to attend one of the lunch programs, travel time has been approved. You will be given an additional 30 minutes (15 minutes travel each way) for lunch programs. Please know that attendance will be kept at all programs. If you attend at least 4 educational programs, and participate in 2 challenges, you will be eligible for incentives that will be announced in the near future.

Flex time has also been approved for physical activity during your lunch break. An example of the flex time would be a 30 minute lunch one day and a 90 minute lunch the next in order to exercise. This must be authorized by your Department's Head prior to utilizing your flex time.

What else can you expect from Well@Work? Maps of safe walking areas at each County building (complete with distance, estimated completion time, calories burned, etc.), group walks, and much more! Mr. Wooten, Department Heads, and your fellow employees are on board and are VERY excited about this opportunity to increase the health of the employees of Jackson County!

Sincerely,

Your Well@Work Team!

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