

# Wellness Opportunities

## Earn 1 Point for Each Activity



- To receive your point, fill out the provided Wellness Opportunity Voucher (see example of top of voucher form) and submit the completed voucher via interdepartmental mail to Jenifer Pressley at the Cullowhee Recreation Center.
- Vouchers can be found on the Employee Wellness section of the Jackson County website <https://www.jacksonnc.org/employee-wellness>. You earn 1 point for each wellness opportunity between July 1, 2025-May 31, 2026.
- 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](mailto:wellatwork@jacksonnc.org) to see if the activity qualifies.
- Example Wellness Opportunities:
  - Weight Watchers (or other supervised weight management program) – you must actively participate 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
  - Disease management classes
  - Healthful living classes offered in the community (Ex. Health Dept, Cooperative Extension, Senior Center, Rec Center, Harris Regional, Public library, WCU, etc)
- If you are participating in an event as part of your county position you will not get a point. i.e, if you are present at Tuesdays to Thrive and are being compensated for that activity it does not count.
- All vouchers must be submitted no later than Monday, June 8, 2026.
- Questions? Contact the Well@Work committee at [wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or 828-587-8280.