

# Jackson County – Employee Wellness Program

## 2022-2023 Calendar

All **Well@Work** documents can be found at [www.jacksonnc.org/employee-wellness](http://www.jacksonnc.org/employee-wellness). You may print each monthly calendar on your own, or if you do not have regular access to a computer please **contact Janelle Messer** at 828-587-8238 / [janellemesser@jacksonnc.org](mailto:janellemesser@jacksonnc.org) to have them printed for you.

| 1 <sup>st</sup> Quarter 2022 |                              |                             | 2 <sup>nd</sup> Quarter 2022 |                             |  |
|------------------------------|------------------------------|-----------------------------|------------------------------|-----------------------------|--|
| July                         | August                       | Sept                        | Oct                          | Nov                         | Dec                                    |
| Mindfulness Challenge        | Stretching Challenge         | Productivity Challenge      | Outdoor Challenge            | Gratitude Challenge         | Holiday Kindness Challenge             |
| Hydration Challenge          | No Salt Added Challenge      | Label Reading Challenge     | Meal Plan Challenge          | No Added Sugar Challenge    | Blood Pressure Check Challenge         |
| 3 <sup>rd</sup> Quarter 2023 |                              |                             | 4 <sup>th</sup> Quarter 2023 |                             |  |
| Jan                          | Feb                          | March                       | April                        | May                         | June                                   |
| Sleep Challenge              | Financial Health Challenge   | Self-Care Challenge         | Declutter Challenge          | Stress Reduction            | N/A                                    |
| Weight Loss Challenge Part 1 | Weight Loss Challenge Part 2 | 5-2-1-Almost None Challenge | Whole Foods Challenge        | Healthy Breakfast Challenge | Take Time for 2 Employee Wellness Walk |



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## 2022-2023 Information

### Physical Activity Logs

Keep track of all your physical activity. For each day you engage in any physical activity, moderate to high intensity, jot down the activity you did and the duration in minutes.

**Examples:**

Running, walking, biking, jogging, yoga, bowling, swimming, dancing, weight lifting, canoeing, hiking, golfing, moderate yard work, etc

**How to Earn Points:**

*1200 minutes of physical activity/quarter = 2 points*

You must complete the Physical Activity Log each quarter and submit for credit.

### Wellness Opportunity Voucher

Do you enjoy participating in wellness and financial education classes or seminars? Do you take proactive measures and seek preventative care? Do you participate in organized community fitness events? Document participation for points.

**Examples:**

Healthy living classes (Rec Center, Senior Center, etc), financial education classes, Weight Watchers, preventative screening, tobacco cessation program, donate blood, organized events (5k, half-marathon), etc

**How to Earn Points:**

*Participation in one wellness opportunity = 1 point*

You must complete the Wellness Opportunity Voucher and submit for credit

Participants may select either a Monetary Reward Amount or Wellness Leave based on the points earned.

| Points        | Monetary Reward Amount | Wellness Leave |
|---------------|------------------------|----------------|
| 4 points      | \$25                   | 2 hours        |
| 5 - 8 points  | \$50                   | 4 hours        |
| 9 - 12 points | \$75                   | 6 hours        |
| 13+ points    | \$100                  | 8 hours        |

Wellness Leave earned for 2022-2023 will be credited on July 1, 2023 and must be used by June 30, 2024 or it will be lost. Wellness Leave and monetary rewards are not paid out at the time of separation from employment and the participant must be actively employed at the time of the reward distribution.

The most up-to-date information and detailed program information is available online at

[www.jacksonnc.org/employee-wellness](http://www.jacksonnc.org/employee-wellness)

Submit all completed point documentation via interdepartmental mail to Jenifer Pressley, Cullowhee Recreation Center by the deadline indicated on the challenge form, log or voucher. Periodic communications will be shared with Department Heads about participation in monthly challenges, available wellness opportunities, point submission deadline reminders, and much more!

If you have questions about the program, please contact: [wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or call 828-587-8238

