

Jackson County – Employee Wellness Program

2023 - 2024 Calendar

All Well@Work documents can be found at 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 Meagan Cagle** at 828-587-8280 / meagancagle@jacksonnc.org to have them printed for you.

1 st Quarter 2023			2 nd Quarter 2023		
July	August	September	October	November	December
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 rd Quarter 2024			4 th Quarter 2024		
January	February	March	April	May	June
Sleep Challenge	Financial Challenge	Self- Care Challenge	Declutter Challenge	Stress Reduction Challenge	N/A
Weight Loss Challenge Part 1	Weight Loss Challenge Part 2	5-2-1 Almost None Challenge	Whole Food Challenge	Healthy Breakfast Challenge	Take Time for 2 Employee Wellness Walk



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2023 - 2024 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 2023-2024 will be credited on July 1, 2024 and must be used by June 30, 2025 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

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 or call 828-587-8280.

