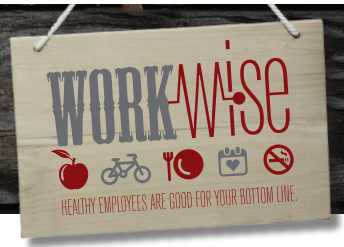


Jackson County - Employee Wellness Program 2019 - 2020 Calendar of Challenges



1st Quarter 2019			2nd Quarter 2019	
Jul	Aug	Sep	Oct	Nov & Dec
Wellness Goals This challenge will help you establish and set an action plan to reach your wellness goals.	Pedometer Try to meet the goal of 10,000 steps per day.	Sleep Challenge How often do you focus on getting quality sleep? Make an effort to get 6+ hours of sleep each night.	Healthy Breakfast Try to eat a healthy breakfast every day. Log your meal and approximate calories each day.	Holiday Maintain, Don't Gain Say no to holiday weight gain and make conscious healthy eating decisions to maintain your weight.
3rd Quarter 2020		4th Quarter 2020		
Jan & Feb	Mar	Apr	April	May
Weight Loss Make a plan to lose. Challenge yourself to start the new year off right with losing extra weight. \$50 to two employees who have largest percentage weight loss.	5-2-1 Almost None Eat 5 fruit and veggies each day, <2 hrs. of screen time, 1 hr. of activity and almost no sugary drinks.	Blood Pressure Check blood pressure twice per week.	Take Time for 2 Participate in the County's annual 2 mile walk at the Cullowhee Recreation Center.	Wellness Goals This challenge will have you look back on your year of progress toward wellness goals.

Jackson County - Employee Wellness Program 2019 - 2020 Information



Exercise Logs

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

Examples of Exercise:

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

How to Earn Points:

1200 minutes of exercise/quarter = 2 points

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

Wellness Opportunity Vouchers

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 of Wellness Opportunities:

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 will be able to 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 2019 - 2020 will be credited on July 1, 2020 and must be used by June 30, 2021 or it will be lost. Wellness leave is not paid out at separation.

The most up-to-date information and detailed program information is available online at jacksonnc.org/well-at-work

Submit all points documentation ONLY via interdepartmental mail to Jenifer Pressley, Recreation Dept.

Communications will be shared with Department Heads on a periodic basis about how to participate in monthly challenges, available wellness opportunities, reminders about deadlines for submitting points, and much more!

If you have questions about the program, please contact:

Well@Work Committee at wellatwork@jacksonnc.org or 631-2212

