

# Wellness Opportunities



## Earn 1 Point for Each Activity

- To receive your point, fill out the provided Wellness Opportunity Voucher (see example on 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 Well@Work section of the Jackson County website [jacksonnc.org/well-at-work](http://jacksonnc.org/well-at-work). You earn **1** point for each wellness opportunity you participate in.
- To qualify for a point you must participate in the wellness opportunity between **July 1, 2019** and **May 31, 2020**.
- 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 for 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 Department, Cooperative Extension, Senior Center, Recreation Center, Harris Regional, Jackson County Public Library, Western Carolina University, etc.)
- If you are participating in an event as part of your county position you will not get a point. i.e., if you present a Tuesday to Thrive and are being compensated for that activity it does not count.
- All vouchers must be submitted no later than Monday, June 1, 2020.
- Questions? Please contact the Well@Work committee at [wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or **Human Resources** at **631-2212**.

