

YOU SET THE DIRECTION IN THE EMPLOYEE WELLNESS PROGRAM

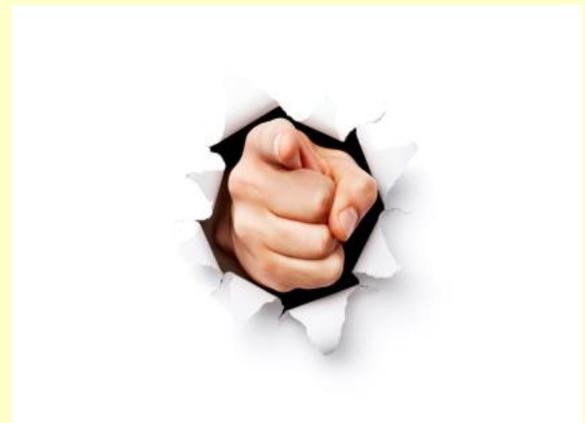
- Commit to the steps that are right for you.
- Work at your own pace.
- Inspire yourself. We give you the tools and resources to succeed in taking small steps. And each success can help you move closer to achieving even greater goals.
- Share your success with family and friends on your favorite social media sites to get their support.
- Set reminders to help you keep on track.

In addition, any employee eligible for County group health insurance benefits attending a commercial fitness facility at least eight (8) times a month may qualify for a \$25 per month reimbursement.



What's your Bot-e-Type?

Be the healthy type. Live well.



KNOW YOUR NUMBERS

There is power in knowing your numbers (blood pressure, cholesterol, etc.) These numbers are important indicators of your health. When they are out of the normal range, it's a signal that you could have a higher risk of developing certain diseases and conditions.

Doctors use the results from your screening to help them assess the quality of your health. High numbers can indicate that you are at risk for developing heart disease, stroke, diabetes, and several forms of cancer.



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WELLNESS WORKSHOPS

Workshops have been scheduled for employees to better understand the 2015 Wellness Program. These workshops will also give insight for improving overall health and wellbeing.

All Workshops will be held in the Board Room in the Old District Courthouse Building.

March 25th

10:00 a.m. and 2:00 p.m.

April 23th

10:00 a.m. and 2:00 p.m.

June 24th

10:00 a.m. and 2:00 p.m.

My Health Screening Results

Use this section to record your numbers

Then use these numbers to complete your Health Risk Assessment.

Date of Screening
Height
Weight
Hip - inches
Neck - inches
Resting pulse
Blood pressure
Total cholesterol
HDL (good cholesterol)
LDL (bad cholesterol)
Triglycerides
Glucose
Hemoglobin A1c
Body Fat
Body Mass Index

