



January 2026

Welcome!

Tatum Hall

FC Wellness Program

307-714-2380

tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

Hello!

Welcome to the Participation Incentive Program. Records show you have missed a standard on the premium reduction form, but the good news is you are eligible to earn the amount you missed in the form of an incentive by participating monthly. Incentives are paid every 6 months, in July and January, for the previous 6 months of participation.

Incentive Amounts (may be different for those on High Deductible Plan):

- **BMI: \$300** (\$50 per month)
- **Blood Pressure: \$90** (\$15 per month)
- **Cholesterol: \$90** (\$15 per month)
- **Glucose: \$120** (\$20 per month)

...and the program is open to employees & spouses so you each earn an incentive!

Participation is easy and involves logging either blood pressure once per week, or physical activity (steps, time or distance). As a member of the incentive program, you will also receive a monthly wellness newsletter and have the opportunity to participate in program challenges – which not only earns participation credit but also makes you eligible for prize drawings.

Program logs are sent monthly and are required to be turned in once per quarter (every 3 months). They are also posted on the Wellness Website (fremontcountywellness.com), *Reductions & Incentives* tab.

Since forms contain personal information (blood pressure and physical activity records), you can send them to me in a secure, private way through my HIPPA Fax, (307) 215-1226 (these are also listed on the wellness website):

- In the Courthouse, you can place your log in the locked drop-box outside the Wellness Office, #300
- Fax your log directly to me using an encrypted fax account: **307-215-1226**
- Email or text a picture of your log, knowing it is not HIPPA protected, if you prefer.

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This month, instead of logging your physical activity or blood pressure, please complete the form below. I would like to know the best way to contact you, and have you become familiar with the wellness website, if you have not already. **Completing this form also let's me know you are interested in participating in the program. If you are new to the program, please turn it in ASAP so I can add you to the list!**

Please feel free to contact me by email, office phone and cell phone. I visit all departments and would be happy to meet with you in person, if needed.

There's More!

If you, your spouse or dependent(s) is/are taking medications for diabetes, cholesterol, blood pressure, or asthma, you can have these covered 100%. Contact me to learn how!

tatum.hall@fremontcountywy.gov
office: 307-332-1030
cell: 307-714-2380
HIPPA Fax: 307-215-1226

NAME: _____ DEPT.: _____

1. What is the best way to contact you with program logs and information? EMAIL PHONE MAIL

2. What is your preferred email OR address OR phone number:

3. I am available to discuss health and wellness goals. Please feel free to contact me if you are interested in meeting and creating a plan.

5. Logs will also be posted on the website under the Reductions & Incentives tab. Please go to the site and make sure you can access this page. If you have any questions or difficulties, please contact me!

6. Stay tuned for information on upcoming challenges and programs.

7. Is there any other info you would like to share?

NAME: _____ DEPT.: _____

- Physical Activity: On the calendar below, record your physical activity in minutes, steps, or miles and record the total after each week to figure your monthly grand total. OR
- Blood Pressure: Take your blood pressure at least once per week and record it on the calendar below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

<u>Steps</u>	<u>Monthly Total</u>	<u>Average Equivalent</u>	<u>* BP Category</u>
Wow!	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/week	Normal less than 120 less than 80
In The Zone	100,001 - 240,000	5001 - 10000 steps @ 5 - 6 days/week	
Getting Stronger	48,001 - 100,000	3001 - 5000 steps @ 4 - 5 days/week	
Great Start!	36,000 - 48,000	1000 - 3000 steps @ 3 - 4 days/week	
<u>Miles</u>	<u>Monthly Total</u>	<u>Average Equivalent</u>	<u>Elevated</u> 120-129 less than 80
Wow!	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	
In The Zone	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	
Getting Stronger	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week	Stage 1 130-139 80-89
Great Start!	7.5 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week	
<u>Minutes</u>	<u>Monthly Total</u>	<u>Average Equivalent</u>	<u>Stage 2</u> 140 or higher 90 or higher
Wow!	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	
In The Zone	601-1080 min	31 - 45 min @ 5 - 6 days/week	
Getting Stronger	321-600 min	21 - 30 min @ 4 - 5 days/week	
Great Start!	120-320 min	10 - 20 min @ 3 - 4 days/week	EMERGENCY Higher than 180 Higher than 120