



August 2022

Penny Fahey

FC Wellness Program

307-709-7887

Fremontcounty.wellness@gmail.com

www.fremontcountywellness.com

In case You Missed It: Hello Again from Penny!

I am back to manage the wellness program again, but temporarily while the hiring process continues for a new manager. So, let's get these logs going again!

Logs for July, August and September will be due by October 7th. I will keep you updated in the event a new manager is hired, and I will be working closely with him/her to make sure all paperwork is recorded and incentives are paid on time.

Hopefully, you have been keeping track of your blood pressure or physical activity on your own logs since July. You are welcome to turn-in these, or complete the program logs (like this one) like you did in the olden days. I will accept both.

How To Turn In Logs

1. Fax them securely: 307-215-1010
2. If you email them, it is important to know the emails are not encrypted so your personal health information is not protected. The program's email is fremontcounty.wellness@gmail.com.
3. Mail Them:
Penny Fahey
1212Raintree Drive, Unit K216
Fort Collins, CO 80526

I live in Fort Collins now and I will not be in Fremont County to collect logs in person or check the lockbox outside of Bookkeeping, so your logs will not be collected if you place them there.

Please contact me with questions!

- Call or Text: 307-709-7887
- Email: fremontcounty.wellness@gmail.com
- Check for logs on fremontcountywellness.com

Premium Reduction Season Returns in September

Stay tuned for news on how you can complete your premium reduction form this year. We may have to be a little creative on getting the forms done, but we can do it!



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
 August	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>	Monthly Total	Average Equivalent	* BP Category
Wow!	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/week	
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>	Monthly Total	Average Equivalent	Normal less than 120 less than 80
Wow!	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	Elevated 120-129 less than 80
In The Zone	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	Stage 1 130-139 80-89
Getting Stronger	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week	
Great Start!	7.5 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week	
<u>Minutes</u>	Monthly Total	Average Equivalent	Stage 2 140 or higher 90 or higher
Wow!	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	EMERGENCY Higher than 180 Higher than 120
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	