

## How It Works

Employees and spouses who are participating in the county's insurance plan are eligible to receive up to \$100 per month, each by participating in the Wellness Program. The \$100 can be earned in the form of a monthly premium reduction, a participation incentive award, or a combination of the two.

Also, employees, spouses, and dependents are eligible to receive prescriptions for asthma, blood pressure, cholesterol, and diabetes at no cost by participating in the Prescription Coverage Program.



**SAVE AN AVERAGE OF  
\$2400, OR MORE,  
PER YEAR!**

## Why Offer a Wellness Program?

Fremont County Government provides employees and covered spouses who are enrolled in our health plan an opportunity to participate in a wellness incentive program to support a healthy lifestyle.

The goal of this program is to promote and encourage good health of employees and their spouses. We believe that healthy employees provide the public with the best service and this incentive is a win-win for both the county and employees.

The Fremont County Wellness Program is a voluntary program and all information shared is kept confidential under HIPAA guidelines.

Tatum Hall is the Fremont County Wellness Program Manager. She is a certified Medical Exercise specialist and has many years of experience in the health and wellness field. She is happy to meet with individuals to discuss their personal goals as well. Her services are offered to Wellness Program participants and all county employees and their spouses, regardless of program participation. If you have questions about the Wellness Program requirements or any activity offered by the program, please contact her.

# Fremont County Wellness Program



## Tatum Hall Wellness Program Manager

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*Taking Healthy Steps  
Together!*

## PREMIUM REDUCTION

Employees and spouses can receive a premium reduction of up to \$100 per month, per person, by meeting health standards recommended by the National Institutes of Health for BMI or waist measurement, blood pressure, cholesterol, and glucose or A1c. Each standard is worth a specific dollar amount. Those who are not able to meet one or more standards will earn a partial premium reduction, but can make up the difference by earning a participation incentive.

### How To Sign Up

Annual sign-up takes place between October and December in order for the reduction

to begin January 1. Employees and spouses new to the county insurance plan can sign-up 1 month before insurance benefits begin.

The Wellness Program will accept Blood Screenings completed within 2 years of sign-up. Blood pressure, BMI or waist measurements can be completed by Tatum or your physician.



## PARTICIPATION INCENTIVE

Any participant who does not meet one or more of the standards for the Premium Reduction Program, and are not receiving the full premium reduction, can make up the difference by participating in the Participation Incentive Program to earn an incentive award twice per year (January and July).

Participation includes monitoring blood pressure, logging physical activity or participating in the county's Healthy Steps Community. The Wellness Program also offers other fun programs for participants throughout the year.

Contact Tatum for participation information, or check out [www.fremontcountywellness.com](http://www.fremontcountywellness.com).



FREMONT COUNTY OFFERS AN EMPLOYEE AND FAMILY HEALTH FAIR IN THE SPRING. INSURANCE PARTICIPANTS ARE ELIGIBLE TO RECEIVE SCREENINGS AT NO COST.

## PRESCRIPTION COVERAGE

Prescriptions for High Blood Pressure, High Cholesterol, Asthma, and Diabetes (including test strips and needles) can be covered 100% for Fremont County employees, spouses, and dependents.

Participation focuses on increasing understanding of medications and health and wellness through the FC Prescription Newsletters, and providing tools to help keep track of medical information, and medication reminders.

Contact Tatum for participation information, or check out [www.fremontcountywellness.com](http://www.fremontcountywellness.com).

SOME MEMBERS HAVE SAVED UP TO \$1000 PER MONTH ON THEIR PRESCRIPTIONS BY PARTICIPATING IN PRESCRIPTION COVERAGE PROGRAM! IF YOU, YOUR SPOUSE, OR DEPENDENTS TAKE MEDICATIONS FOR BLOOD PRESSURE, CHOLESTEROL, DIABETES, OR ASTHMA CONTACT TATUM TO BEGIN SAVING MONEY!

