



January 2024 Welcome!

Tatum Hall

FC Wellness Program

307-714-2380

tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

Hello!

Welcome, new and current participants, 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 with me 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 can each earn an incentive!

Contact me to find out what your incentive total is!

Participation is easy and involves logging either blood pressure once per week, or physical activity (steps, time, distance or activity) a minimum of 3 times per week. 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), I ask that you send it to me in a secure, private way (these are also listed on the wellness website):

- In the Courthouse, you can place your log in the locked dropbox outside of Bookkeeping.
- Fax your log directly to me using my HIPPA fax account: **307-215-1226**.
- Email your log, knowing it is not HIPPA protected, if you prefer.

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As I have only been with the Wellness Program since January of last year, I would really like to get to know you and how I can help & improve your health. This month, instead of logging your physical activity or blood pressure, please complete the form on the bottom of this newsletter. I would like to know the best way to contact you, and have you become familiar with the wellness website. **Completing this form also let's me know you are/continue to be interested in participating in the program, so please turn it in by 1/31/2024 so I can update my list!**

Please feel free to contact me by email, office phone, cell phone or stop by my office, #300, in the courthouse. I travel around to the different departments in Fremont County regularly and would be happy to meet with you.

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!

Email: tatum.hall@fremontcountywy.gov
Office: (307)-332-1030
Cell: (307)-714-2380

NAME: _____ DEPT.: _____

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

2. What is your preferred email or address:

4. I email program updates to participants and you may also find this information on the wellness website.

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

6. Do you work for the county or elsewhere? What hours do you work?

6. What type of exercises do you prefer?

- walking
- running
- weights
- yoga
- other

7. Do you like to exercise alone or with others?

8. If applicable do you have a personal blood pressure cuff?

9. Logs will 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!

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

11. Is there any other info you would like to share with me?
