



January 2022 Welcome!

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FC Wellness Program

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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 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 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 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), 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 an encrypted fax account: **307-215-1010**
- Email your log using my encrypted email (super easy to use):

<https://sendsafe.to/healthypenny.wellness@gmail.com>

This month, instead of logging your physical activity or blood pressure, please complete the form on the back 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 interested in participating in the program, so please turn it in ASAP so I can add you to the list!**

Please feel free to contact me by email and cell phone. I visit Fremont County monthly and would be happy to meet with you in person, or even over Zoom when I am not there!

But Wait! There's More!

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

fremontcounty.wellness@gmail.com,

307-377-7272

-Penny

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:

3. I send program updates to participants through the wellness website. Although it is not required for participation, if you would like to receive these updates, please sign up for our newsletter. If you have participated in the program before, you may have already signed up.

- Go to fremontcountywellness.com, and fill out the form that pops up or is on the homepage. (I manage all contact information, and never share it with anyone).

4. I offer one-to-one health coaching, and 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 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 of difficulties, please contact me!

6. Stay tuned for information on upcoming challenges and programs, like the Blood Pressure Awareness Challenge beginning February 14.

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

**Join Us For 30 Min. Tai Chi Online
Tuesday and Thursdays @ 12p
Tuesday Evening @ 7p**

Taijifit (Tai Chi Fit) is a 'come as you are' Tai Chi program where everyone is welcome. Even if you're not sure what Tai Chi exactly is, you will feel the difference even one class can make!

The classes are offered through Zoom, and the links are available on the wellness website- simply click the Panda for that day's class. You are welcome to have your camera on or off! We hope you can join us!



**The Blood Pressure
Awareness Program begins
February 14.**

- Learn more about the hows and whys of blood pressure
- Discover ways to keep your heart healthy and happy
- Log your blood pressure to be entered into a prize drawing.
- The department challenge returns!

