**GOING FOR THE GOLD**

OHIO COUNTY WELLNESS PROGRAM 2013

Achieve 7 of the 8 options and you have made the GOLD TEAM !!!

1. Health Screen (offered free of charge to county employees at open enrollment) or Life Screen offered at various times throughout the county.

*Only one point for this option*

1. Visit the Ohio County Family Wellness Center at least 30 times during the program.

*One point for every 30 visits*

1. Run or Walk a 5K event. Events are offered several times during the year.

*Earn as many points as events you enter*

1. Donate Blood at a Sponsored Blood Drive.

*Only one point for this option*

1. Obtain a physical or receive a preventative shot.

*Only one point for this option*

1. Weight loss of 10% of body weight or body mass index.

*Only one point for this option*

1. Complete a Smoking Cessation Class.

*Only one point for this option*

1. Complete an Ohio County Family Wellness Center Fitness Challenge.

*Earn as many points as events you enter*

***Documentation must be provided for each option completed.*** Program runs from January 1 thru November 30, 2013. Each employee who wins the GOLD will receive a check (processed through payroll) in the amount of $150 at a Wellness Program to be held in December 2013. Also, all employees who win the GOLD will have their name placed in a drawing for vacations days to be given away. Vacation days will be calculated based on average hours worked per week from January 1 through November 30. Hours are not to exceed 40.