

# 2022 County Wellness Program

We are excited to kick off our new wellness year and provide an overview of the program. Similar to last year you will be earning entries for prizes that will be drawn for in December, however this year you will be able to choose the drawings you want to enter. Below is a timeline of what we have planned for the year, but this is subject to change. We will be sponsoring 6 programs, so you will have plenty of opportunities to meet the 4 pillar requirements.

- March – Sleep Challenge – **In Progress**
- April – Community Bingo Challenge – Extended program
- May – Walking Challenge
- June – All Employee Meeting
- July – Water Challenge
- August – Nutrition Program

We have structured a program so you can earn a drawing entry per completion of the different components of the Wellness Program listed below. Each employee can earn up to 5 drawing entries and we will have a drawing at the end of the year for prizes.

- ✓ Physical
- ✓ Online Assessment
- ✓ Assessment Completed by July 1st
- ✓ Completion of the Community Challenge
- ✓ Completion of 4 Pillars, either County sponsored or online ISAC programs

Please look for more information in the coming weeks for the next event. Don't forget to turn in your Sleep forms by March 31, 2022 to receive your certificates. Please keep your certificates when issued.

**Reminder** – You must upload your certificates to the online wellbeing portal to receive credit for that pillar.

Questions on the Wellness Program or your completion status, please contact a committee member.

**The Wellness Committee**