



Anderson County 2020 Wellness Program





Communication Plan 2020

Anderson County Wellness

2020 COMMUNICATION PLAN

Monthly Awareness Themes

QUARTER 1	TOPIC	ARTICLES	MATERIALS	MEMBER WELLNESS CENTER
October	Flu Season	<ol style="list-style-type: none"> 1. <u>Myths About the Flu Vaccine</u> 2. <u>Antibiotics 101</u> 	'A Shot for You to Prevent the Flu' Guide	Challenge: It's Worth a Shot
November	Thanks and Planks	<ol style="list-style-type: none"> 1. <u>7 Health Benefits from Planking</u> 2. <u>Planking Example</u> 	<ol style="list-style-type: none"> 1. Giving Thanks and Planks 2. Planksgiving Calendar 	Challenge: Thanks and Planks
December	Hold It for the Holidays	<ol style="list-style-type: none"> 1. <u>5 Tips for Avoiding Holiday Weight Gain</u> 2. <u>Finding a Fresh Start for the Holidays</u> 	Weigh-In Challenge	Challenge: Weight Management
QUARTER 2	TOPIC	ARTICLES	MATERIALS	MEMBER WELLNESS CENTER
January	Healthy Goals	<ol style="list-style-type: none"> 1. <u>Do This Instead of Making a New Year's Resolution</u> 2. <u>Exercise Tips to Help You Reach Your Fitness Goals</u> 	Healthy Smart Goal	Challenge: Goal Q & A Challenge
February	Heart Health	<u>On-the-Go Heart Healthy Snacks</u>	Hypertension Flyer	Challenge: Blood Pressure Journal
March	Stress Reduction	<u>Stress and the Human Brain</u>	Sleep Better Challenge	Challenge: Sleep Better

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QUARTER 3	TOPIC	ARTICLES	MATERIALS	MEMBER WELLNESS CENTER
April	Mental Health	1. <u>Living with Social Anxiety</u> 2. <u>When to Seek Help for Mental Health</u>	Manage Your Stress	Challenge: Reduce Your Stress in 24 Seconds
May	Physical Activity/Fitness	<u>Secrets to Sticking With Your Fitness Routine</u>	1. Stepping Out Challenge 2. Exercise at Work	Challenge: Stepping Out
June	Women & Men's Health	1. <u>Health Screenings Every Man Needs</u> 2. <u>7 Things Every Woman Should Know - Breast Cancer</u>	1. Men's Health to Build Wealth 2. Ladies, Live Long and Strong 3. Be Proactive	Program: Preventive Health Provider Form

Additional Wellness Initiatives:

- o Complete a Health Risk Assessment
- o Complete a cancer screening: mammogram pap smear, PSA test, Coloscopy, or other.
- o Complete one of the following: Dental, Vision, Hearing or Diabetic Foot Exam.
- o Join/attend CareHere Webinar each month. CareHere will provide two Webinars each month. Days and times will be e-blasted at the beginning of each month along with a link to connect. Be sure to add your email address to your CareHere.com account for direct emails. Must complete two Webinars to be eligible for 25 points.
- o Complete a CareHere App challenge that will be announced at the beginning of each month. Must complete two challenges to be eligible for 25 points.
- o Receive a flu shot.
- o Complete a Plan of Care on CareHere Connect which will include a health coaching call.
- o Establish a personal wellness goal and work toward achieving that goal, such as maintain a calorie budget, complete a nutrition plan of your choice (Samples: ChooseMyPlate.gov or myfooddiary.com)
- o Track/log food intake for seven consecutive days on an app, such as My Fitness Pal, Lose it, etc.
- o Complete a nutrition goal with a CareHere Health Coach.
- o Train and participate in a 5K (each 5k completed is 25 Points)
- o Complete an exercise program of your choice 3 or more times per week. Includes low impact or high impact, must be self-managed, (minimum or 4 weeks). Each week is 25 points.
- o Complete 8,000 steps daily for seven consecutive days. Each full week is 25 points. Maximum points are 100. You can track through CareHere App, watch, pedometer, etc.
- o Participate in 4 Exercise Classes, such as Yoga, Zumba, etc. (Take Charge Fitness membership rates are discounted for Anderson County employees, drop-in fees are available as well for individual classes).
- o CareHere will provide challenges each month that will be e-blasted and posted on the Human Resources & Risk Management Department's Facebook page at the beginning of each month. Be sure to add your email address to your CareHere.com account for direct emails. Must complete two to be eligible for 25 points.
- o Annual Gym Membership.

Themes can be completed out of sequence!

2020/2021
Anderson County Wellness
Program

October 1, 2020 - June 30, 2021

Anderson County Wellness Program, in collaboration with BCBST and CareHere, provides employees with the opportunity to engage in programs and activities that promote overall health and wellbeing. The program is aimed at developing a culture of health and wellness that improves the quality of life for employees and helps reduce health care costs.

Eligibility and Program Requirements:

1. All regular, active full-time and part-time employees are eligible to participate in the Anderson County Wellness Program.
2. All point systems are self-reported via CareHere App or to the Human Resources & Risk Management Department.
3. Incentives will be provided for the following. Specifics can be found on page 7.

Member Participation Recognition

Monthly Drawings Based Upon Points Achieved

Quarterly Drawing Based Upon Points Achieved

Gold/Silver/Bronze Incentives and Drawing Based Upon Points Achieved

4. For 2020/2021, Anderson County's employees who have our health coverage can have a Health Risk Assessment (HRA) completed at the Thrive Health and Wellness Center. The participant will obtain points as well for their previous 2020 HRA. The purpose is to provide you with information relative to your risk for chronic disease, most of which are preventable with early detection. Anyone else who is not eligible to receive an HRA at the Thrive Health Center, can use their provider. Please see the HR Office for the applicable packet when utilizing a market place provider (see page 48 of communication guide).
 - a. Already had a blood draw and follow-up in 2020? This will count as your HRA for the Wellness Program. You will not need to have another HRA blood draw until 2021.

Anderson County Wellness Program

A list of initiatives is provided in this guide that can be completed at any time during the wellness program period (October 1, 2020 through June 15, 2021). Additional initiative opportunities will be available each month. We will notify all employees at the beginning of each month via the Human Resources & Risk Management Department's Facebook page (<https://www.facebook.com/HRofAC>), CareHere monthly newsletter, CareHere eblasts and emails.

If it is unreasonable for an individual to meet the wellness program initiatives due to a medical condition, please contact the Human Resources and Risk Management Department. There are numerous initiatives throughout the year that do not have associated costs, however, if you choose an initiative that does have a cost (such as a fitness membership) it will be your responsibility to pay out of pocket cost.

Remember, to receive points you must first download the CareHere app and sign up on the dashboard. You will self-report each initiative under the challenges button. You will find the "how to" in this packet as well. **Additionally, for items not listed as self-reporting on the app, you are required to self-report wellness completions to the HR Office.**

Anderson County Wellness Program Initiatives

Preventative - 25 points each.

- o Complete a Health Risk Assessment - blood draw and follow-up
- o Complete a cancer screening: mammogram pap smear, PSA test, Coloscopy, or other.
- o Complete one of the following: Dental, Vision, Hearing or Diabetic Foot Exam.
- o CareHere Webinar- Webinars will be announced monthly on the subject, day and times by email, Facebook <https://www.facebook.com/HRofAC>. **Must complete two Webinars to be eligible for 25 points.**
- o Complete a CareHere App Challenge - will be pushed out through the CareHere App on a monthly basis. You will be notified by <https://www.facebook.com/HRofAC>, CareHere eblasts and emails. **Must complete two challenges to be eligible for 25 points.**
- o Receive a flu shot.

Activity- 25 points each.

- o 5k Participation (1st through 4th)- Train and complete 3.2 miles (5k).
- o Weekly Exercise (1st through 4th)- Each completed week of a workout 3 times or more a week counts as one initiative.
- o Daily Steps Average (1st week through 4th) – Each completed week of 8,000 steps counts as one initiative.
- o Zumba Class (1st through 4th)- These classes are held at Take Charge Fitness. Please see their website www.takechargefitnessprogram.com or Take Charge Fitness Facebook for a schedule.
- o Annual Fitness Membership- Employee may receive 25 points for holding a fitness membership. Will need to show proof to Human Resources and Risk Management Department.






Activity- 25 points each.

- o CareHere Connect Program- A program that is streamlined and easy to use online wellness platform to complete any wellness goals, such as Beginners Exercise, Cholesterol Management, Diabetes Management, Health Eating, Stress Management, Weight Management, Tobacco Cessation, etc.
- o Tobacco Cessation Program- Complete a Tobacco Cessation program by working 1 on 1 with a CareHere Health Coach or a self- paced 8 step online CareHere Progrm. See Thrive Health Center or email Mandy Lawson at mlawson@carehere.com to be scheduled. You many also complete a Tobacco Cessation Program through an outside source. Please provide documentation to the Human Reasource and Risk Mangment Department.
- o Personal Wellness Goal- Any wellness goal such as maintain a calorie budget, workout/train for a specifi goal, drink so many ounces a water a day, etc...
- o 7 Day Food Log- Log food for 7 consecutive days. Each week is one initiative and can have up to 4 initiatives (4 weeks). Free logs are www.Myfitnesspal.com, www.loseit.com
- o Health Coach Nutritional Goal – Complete one nutritional goal by working with a health coach. To get schedule please see Thrive Health center or email Mandy Lawson at mlawson@carehere.com

Anderson County Wellness Program Initiatives

- o All wellness program initiatives, must be self-reported no later than June 15, 2021 to be considered for point drawings!
- o Anderson County Wellness Program Event to be held on Wednesday, June 30, 2021. Time and Location are TBD.
- o Submit Registration and Release forms to the Human Resources & Risk Management Department. (page 8 & 9)

Incentive Drawings

Level	Points Required	Incentives	Distribution
 Quarterly Drawings	150	- Bag of Goodies	Month Following End of Quarter
 Monthly Drawings	50	- \$10 Gift Card	Month Following
 Participation	125	- T-shirt and Badge Clip	All will be distributed at the Ceremony in June of 2021
 Bronze	300-399	- \$25 Amazon Gift Card, and - Random Drawing for Earbuds.	
 Silver	400-499	- \$50 Amazon Gift Card, and - Drawing for 1 Dollywood Season Pass	
 Gold	500+	- \$100 Amazon Gift Card, and - Random Drawing for Versa 3 Fitbit	

ANDERSON COUNTY WELLNESS PROGRAM

REGISTRATION FORM

OCTOBER 1, 2020 - JUNE 30, 2021

First and Last name: _____

Phone and Email: _____

Shirt size: _____

I hereby give my employer, Anderson County Government, consent to record, videotape and photograph my image and/or voice to be used in the following ways (check all that apply):

- ☐ Company intranet accessible by employees only
- ☐ Company internet accessible via the World Wide Web to anyone
- ☐ Printed employee newsletter
- ☐ Printed client/customer newsletter
- ☐ Printed annual report
- ☐ Other: _____

I further understand that no special compensation will be provided to me for use of my image and that I may not be informed in advance of the specific use of my image.

Employee Name (Please Print)

Employee Signature

Date

Please submit this form to the Human Resources & Risk Management Department.

Anderson County Government

Wellness Program Waiver and Release of Liability

In consideration of my use of the wellness program and facilities provided by the County, I expressly agree, consent and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the County and its insurers, employees, officers, directors, associates, and third-party contractors shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the program, equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the company.

By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me or my guest, and I hereby fully and forever release and discharge the County, its insurers, employees, officers, directors, associates, and third-party contractors from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said program, equipment and facilities.

I expressly agree to indemnify and hold the County harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest.

I agree to be solely responsible for safety and well-being of my guest and myself. I understand that the County does not provide supervision, instruction, or assistance for the use of the program, facilities and equipment.

I agree to comply with all rules imposed by the County or hosting facility regarding the use of the program, facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any program, equipment or facility in a manner inconsistent with its intended design and purpose.

I understand and acknowledge that the use of the program, equipment or facility involves risk of accident, illness, serious injury, permanent disability, and death. I understand and assume these risks for myself and my guests.

I understand and agree that the County is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I understand and agree that my use of the program, facilities and equipment is only to be undertaken on my own personal time, and that my use of the program, facilities and equipment is not within the course or scope of my employment.

I HAVE CAREFULLY READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTE THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

Date: _____

Print Name: _____

Signature: _____

Please submit this form to the Human Resources & Risk Management Department.

CareHere!
**IT'S NOW TIME
 FOR YOUR HRA!**
 Schedule an appointment today!

**With our Health Risk Assessment,
 you'll get a comprehensive look at your health.**

A Health Risk Assessment (HRA) consists of a blood draw,
 vital signs, biometrics & health history.

**Ask your provider about getting your
 Health Risk Assessment today.**

FASTING IS REQUIRED

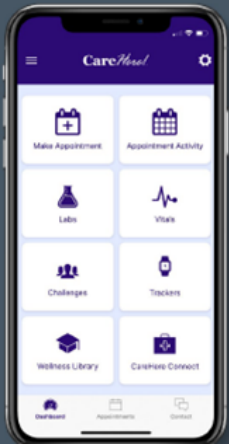
877.423.1330 | CAREHERE.COM | CAREHERE APP

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Anderson County Wellness Plan App Instructions

Step 1: Download the CareHere App and sign up or sign in.

Step 2: As you complete each initiative you will pull up the app, click on the Incentives tab and click on the initiative you have completed. If there is more than one initiative under that category it will be labeled 1st, 2nd, 3rd etc...Click on the appropriate tab for that initiative.



NEW Insightful Dashboard
 Easy to use dashboard gives quick access to tools for a healthier future.

Easier Scheduling
 It's easier than ever to make an appointment.

Appointment on Your Calendar
 Add appointment info & reminder to your calendar with one click.

Activity Challenges
 Challenge yourself or join co-workers & family in fitness competitions.

Sync Fitness Devices
 Sync your FitBit and track your steps.
 More device options coming soon.

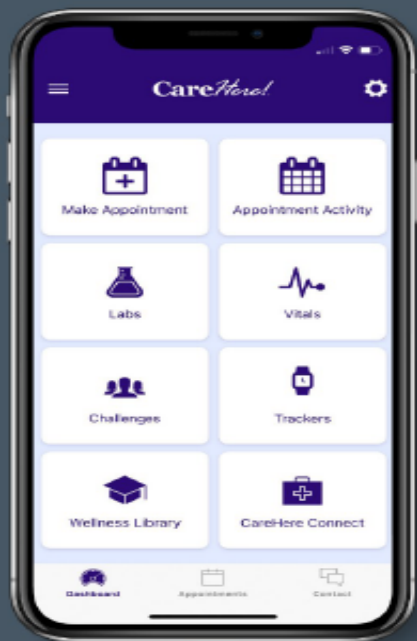
Vitals
 Review data & trends on your BMI, weight, blood pressure & more.

CareHere.com/App
 Access Helpful How To's & Videos

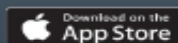
Download the App & Access Helpful How To's at **CareHere.com/App**

Download on the App Store | GET IT ON Google Play

THE ALL-NEW *CareHere!* APP



Download the App
 & Access Helpful How To's
 at **CareHere.com/App**



THE ALL-NEW *CareHere!* APP

- NEW Insightful Dashboard**
 Easy to use dashboard gives quick access to tools for a healthier future.
- Easier Scheduling**
 It's easier than ever to make an appointment.
- Appointment on Your Calendar**
 Add appointment info & reminder to your calendar with one click.
- Activity Challenges**
 Challenge yourself or join co-workers & family in fitness competitions.
- Sync Fitness Devices**
 Sync your FitBit and track your steps.
 More device options coming soon.
- Vitals**
 Review data & trends on your BMI, weight, blood pressure & more.
- CareHere.com/App**
 Access Helpful How To's & Videos

