



Wayne County Employees,

The County of Wayne would like to encourage you to take charge of your health by offering a new, **Waist Incentive wellness program!** This program is voluntary.

Through maintaining or showing improvement in waist circumference/body weight, employees will receive an incentive of \$250.00.

Employees will have an opportunity to participate in the 2019 & 2020 Biometric Health Screening in which the wellness nurse will collect the results of waist circumference and weight. Wayne County sponsors this wellness program through Wayne UNC Health Care partnership. Together we want to help employees reach their health and incentive goals.

### **How the Wellness Screening Works**

- **Be a full time employee participating in the county's health insurance plan.**
- **You must attend a Wayne UNC Health Care sponsored biometric screening in August-September 2019 and again in 2020**
- **You must meet the standard or "alternative method" :**
  - Waist circumference (abdominal circumference)
    - less than 40 male
    - less than 35 female
  - An alternative method to qualify:
    - decrease waist circumference by 5% or decrease body weight by 5%

You will receive your results with a report of normal ranges and resources to keep you on track.

Wayne County will not have access to the employee's actual results. *Only* the employee's name will be provided to the county by Wayne UNC Health Care, when the employee has earned the \$250.00 cash incentive. All information obtained during the health screenings and reporting is personal and confidential, as protected by federal law. We value and understand that your privacy is the most important.

The incentive will be of \$250.00 will be direct deposit *less taxes* for meeting the standards for 2019-2020.

We want to reward you for maintaining or making small improvements in the most critical aspect of your life, good health!

If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting Michelle, the wellness nurse at [michelle.hill@waynegov.com](mailto:michelle.hill@waynegov.com) or call 919-731-1363.