



Wayne County Employees,

The County of Wayne wants encourage you to take charge of your health by offering a **Waist Incentive Wellness Program!** This program is voluntary.

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

The screening will take no longer than 20 minutes. Measurements include a finger stick blood collection to measure cholesterol and glucose. Also included in the screening is a blood pressure check, weight check and waist circumference measurement. Wayne County sponsors this wellness program through UNC Health Wayne 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 UNC Health Wayne sponsored biometric screening offered in August and September annually. Schedule and online sign up will be provided to employees every August**
- **You must participate *two consecutive years* to qualify for the incentive**
- **You must meet the standard or "alternative method":**
 - Waist circumference (abdominal circumference)
 - less than 40 inches for males
 - less than 35 inches for females
 - An alternative method to qualify:** Decrease waist circumference by 5% **or** decrease body weight by 5% from the previous year's results.

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 UNC Health Wayne, 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 of \$250.00 will be direct deposit *less taxes* for meeting the standards

Wayne County wants to reward employees for maintaining or making improvements in the most critical aspect of life, **good health**. Take advantage of this annual **free** screening!

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 Charlene, the wellness nurse at charlene.anderson@waynegov.com