
Wayne County Wellness Incentive Program

Frequently Asked Questions

Is the program mandatory?

The Wellness Incentive Program is completely voluntary, but active participation is very rewarding and strongly encouraged.

Why should I participate in the Wellness Incentive Program?

Why not? By participating in the Wellness Incentive Program, you will learn more about your personal health allowing you to take control of any health concerns that may be identified through the biometric screening process. You also have the opportunity to earn an additional \$250.00 (less taxes and standard deductions).

What if I did not participate in the screenings last year?

Completing a screening *two consecutive years* is the only way you will have the opportunity to earn the \$250.00 (less taxes and standard deductions). If you are a current employee on the County's Health Plan and did not participate last year, your baseline measurements will be this year and you will not be able to earn the incentive until next year if you complete the screening again.

How do I earn the Bonus Wellness Incentive?

The Bonus Wellness Incentive is \$250.00. To receive the Wellness Incentive, you must say yes to the following:

- 1) Completed your biometric screening last year.
- 2) Complete the biometric screening this year.
- 3) Met the standard or alternative method listed in the table below.
- 4) Be a full-time employee on the County's Health Plan

Risk Factor	Standard	
Waist	<u>Males</u> Waist equal to or less than 40 inches	<u>Females</u> Waist equal to or less than 35 inches
<i>Alternative method to qualify</i>	<i>Decrease body weight or waist measurement by 5%</i>	

Who will have access to my biometric results or personal health information?

Only UNC Health Wayne will have access to your biometric screening results and personal health information. Wayne County **WILL NOT** have access to your personal health information. UNC Health Wayne will provide Wayne County with the names of employees who meet the qualifications for the Wellness Incentive based on the prescribed qualifications (see above *How do I earn the Wellness Incentive?*).