

Iredell County Employee Wellness Program



Wellness Activities (January, February, March 2021)

Are you required to complete additional wellness requirements in order to receive the discount on your health insurance premium? Below is a list of activities that you can pick from to qualify for the discount.

100 or 125 Mile Challenge — *The goal of this challenge is to increase physical activity, which is known to decrease likelihood of a number of chronic conditions such as heart disease and cancer. Regular physical activity also helps to strengthen your immune system. Our challenge to you is to walk or run 100 miles in 80 days OR cycle 125 miles in 80 days. **CLICK [HERE](#) TO REGISTER NOW.** For this to count as a wellness activity for the quarter you must turn in your log sheet at the end of the challenge.*

Shamrock Race Virtual 5K or 1 Mile Walk/Run — Due to the COVID-19 pandemic, we are unable to host an in-person 5K (3.1 mile) or 1 mile run/walk event. Instead, we will be holding another virtual run/walk event around the St. Patrick's Day holiday. A virtual event means that you get to pick the day, time, and location of your walk or run! You walk or run a 5K (3.1 mile) or 1 mile route at the time that works best for you. You get to pick the route too! Those completing the challenge will receive a t-shirt! Take a picture from your walk and submit to receive a prize! Pictures will be shared in the County Circle newsletter. Race can be completed anytime between 3/13—3/20. **CLICK [HERE](#) TO REGISTER NOW** or contact Christina Davidson to sign-up at christina.davidson@co.iredell.nc.us or 704-878-3057. Deadline to register and receive a t-shirt for the virtual 5k or 1 mile run/walk event is Wednesday, February 10th.

"Managing Your Blood Sugar to Lose Weight" Online Zoom Presentation (40 minutes)—This topic is being presented by Nutrition HealthWorks. It will be available as a live Zoom meeting where you can view in real time and ask questions on January 5th at 12:30pm. If you can't make it at that time a recording will be available until March 31 at 11:59pm.

Join Zoom Meeting: <https://zoom.us/j/95223644315?pwd=bni3bmpINDJ2UVdQVTdlWm9KTG5Bdz09>

Meeting ID: 952 2364 4315

Passcode: a9AQVr

If you need credit for participating, be sure to listen for the code word he gives out in the presentation. You will need to email that code word to christina.davidson@co.iredell.nc.us.

A visit to the Wellness Clinic OR An Appointment with your personal Physician* You will need to submit a note from the Wellness Clinic or from an outside Physician's Office listing your name and the date of your appointment.

**** For activities with an asterisk beside them, you must submit documentation after completion to Christina Davidson (Wellness Clinic). Documentation must be **SCANNED AND EMAILED** to christina.davidson@co.iredell.nc.us no later than the last day of the quarter that the activity was completed in.***

If you have questions regarding your wellness requirements, please contact:

Sarah Williams, Risk Management/Wellness Manager

(704) 832-2329

swilliams@co.iredell.nc.us