



Iredell County Employee Wellness Program

Wellness Activities

(January, February, March 2019)

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.

New Year's Resolution Challenge—2019 is the perfect time to start taking better care of the body you are living in! This challenge is an incentive program where you decided your challenge and set your own goal. The goal can be anything pertaining to wellness. The challenge runs from January 1—March 31. CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us. *For this to count as a wellness activity for the quarter you must turn in your log sheet at the end of the challenge.*

Tobacco Cessation Classes— The classes consist of four 1-hour sessions that focus on understanding nicotine addiction, different methods of quitting, dealing with withdrawal symptoms, and staying tobacco free. CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us. You will be contacted to set up a time that works best for you. You must sign up by February 1st for classes to be offered during this quarter.

A visit to the Wellness Clinic OR An Appointment with your personal Physician*

Maintain, Don't Gain Weigh-ins—This challenge began in November and will wrap up with the final weigh-ins after the start of the New Year. Those participating in the final weigh-in in January will receive credit for completing a wellness activity in the January—March 2019 quarter. A list of weigh-in dates will be send to participants who completed the initial weigh-in.

Biggest Loser Contest— Could you use some fun competition to help you lose weight and get healthier? Enter this County-wide competition to help you lose weight and get healthier! The top 5 “losers” will win cash prizes! Winners will be determined by percentage of weight lost. CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us.

Learn More About Saving Money on Prescription Medications with GoodRx— *Check out a way to potentially save you \$\$\$ on prescription drug costs.* CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us.

- Monday, February 4 from 12:30—1:00pm (DSS— 1st floor conference room)
- Monday, February 4 from 1:00—1:30pm (DSS—1st floor conference room)

Attendance at a Weight Watchers Meeting*

Participation in a 5k run/walk or bike ride event*

** For activities with an *asterisk beside them, you must submit documentation after completion to Sarah Williams (Wellness Clinic). Documentation must be **SCANNED AND EMAILED** to Sarah Williams (swilliams@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, Wellness Program Manager
(704) 832-2329
swilliams@co.iredell.nc.us

To schedule an appointment at the Clinic, please call:
(704) 878-3065
Located at 200 S Center St, Statesville
(Parking available in the Court Street lot)