

WELCOME TO HUMBOLDT HEALTH SENSE

YOUR EMPLOYEE WELLNESS PROGRAM

This packet includes documentation and forms to help you on your County Wellness Journey. Each month you will receive a Wellness Flyer. The flyer will provide you with information on that month's challenge, healthy tips regarding the challenge, presentations, upcoming events and reminders. You will also receive a calendar for that month. Use the calendar to log your activities be it mileage for the Walk Humboldt County Challenge, workouts for the Gym/Workout Challenge, quarterly and/or monthly personal goals, events attended and the monthly challenge(s).

Each month there is a hidden object on the flyer. If you guess correctly your name will be put into a drawing for a \$20 Chamber Check. If you turn your tracker in each quarter by the due date, your name will be placed in a drawing for a \$25 Chamber Check courtesy of A&H Insurance.

This is your Wellness Program! The Wellness Committee is committed to helping you with your wellness journey for the year. Contact any of the committee members if you have questions or ideas.

- Jayme Wells – jayme.wells@humboldtcountynv.gov – 623-6388
- Betty Lawrence – betty.lawrence@humboldtcountynv.gov – 623-6392
- Nicole Bengochea – nicole.bengochea@humboldtcountynv.gov 623-6310
- Sara Kostiuk – sara.kostiuk@humboldtcountynv.gov
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HUMBOLDT COUNTY HEALTH SENSE WELLNESS PROGRAM POINT SUMMARY

Activity	Description/Examples	Period	Points
Educational/Participation Points			
Presentations:			
Official Courses	CPR Certification or Renewal/First Aid Training	per	15
County Presentations	e.g., Financial health; Sleep and It's Role in Healthy Living; Diabetes; Heart Health; Smoking Cessation and Oral Health; Stress/Mental Health; Flu Clinic; Navigating Food Labels; Eye Health; Crossfit; Radon Presentation; Gear up and Go; open forums; etc.	per	10
Participation:			
Attend Wellness Committee Meetings	As a committee member	per	10
Wear a color to show support	Color associated with Wellness Flyer information	per	10 pts
Physical Activity Points			
Local/Outside Fitness/ Walking Running Events	5K, triathlon, local events	per	25
Walk Humboldt County	Thru May 31: track of your progress towards perimeter of county: walk, ride, swim, bike, walk treadmill/stairstepper, etc. (0-25%=5 26%-49%=10 50%-74%=15 75%-100%=20)	annual	5/10/15/20
Workout Challenge	log workouts (at home or gym) 10 times per month	monthly	20
Monthly Challenges	e.g., specified challenge at levels: stair/sit-up/push-up/squat-lunge, etc.	month	see flyer
July Challenge - Great Outdoors	Post picture of outdoor activity every weekend in the challenge month	weekend	10
Month of Movement	Log 20 hours of movement: walk, run, hike, cycle, swim, garden	Apr & Sept	20
Wellness and Assessments Points			
Weight Loss Challenge	1st weigh-in 20; 2nd weigh-in 30; last weigh-in with weight loss 50	Jan-May	20 30 50
Purchase a fitness/tracking device	i.e. fit watch, smart scale		50
Monthly/Quarterly Challenge	Set your monthly and quarterly goals	month/qtr	30 & 10
Zero Challenge (Nov - Dec 31)	Do not gain weight over the holidays (i.e., zero holiday weight gain)	Nov-Jan	20
Healthy Snack Challenge	POINTS COUNT ONLY IF YOU TURN IN YOUR TRACKER QUARTERLY	quarterly	10
Immunizations/Vaccinations	Immunizations/vaccinations	per	25
Preventative/Wellness Checks	dental cleaning, annual physical, physical therapy, chiropractor, etc	per	25
Care Screenings/per screening	blood screening, colonoscopy, mammogram, biometrics, vision exam, hearing exam, papsmear/prostate exam, etc. Donate blood	per	25
MAXIMUM POINTS PER EMPLOYEE 2020/2021 UP TO			500

If you have questions please contact a committee member.

3/3/2025

Humboldt Health Sense Wellness Program

The program runs from June 1st through May 31st each year. Payouts (wellness bucks) are disbursed on the last payroll of June.

Ways to earn Wellness Bucks (Points)

Participate in a County sponsored monthly wellness presentation

Participate in a County sponsored monthly challenge (sit-ups, push-ups, stairs, lunge/squats)

Participate in Walk Humboldt County – keep track of your miles and earn bucks at the end of the year

Participate in an outside event such as 5K's, 10K's, half marathons, marathons

Participate in an outside event such as the Humboldt General Hospital luncheons, the Family Support weekly presentations, any other wellness oriented presentation.

Set a personal goal

Get a wellness check (see insurance info for what is considered a wellness check, which are at no cost to you!)

Complete the online health assessment

Refer to Wellness Program Point Summary for more ways to earn points

Trackers

Your personal tracker is used to track your "wellness bucks" earned. You will is each event you participated in with the total number of bucks earned. Each quarter the trackers are turned into the Wellness Committee. At the end of the year the trackers will be used to calculate of your payout for the last payroll of June. Trackers should be turned in quarterly:

End of August

End of November

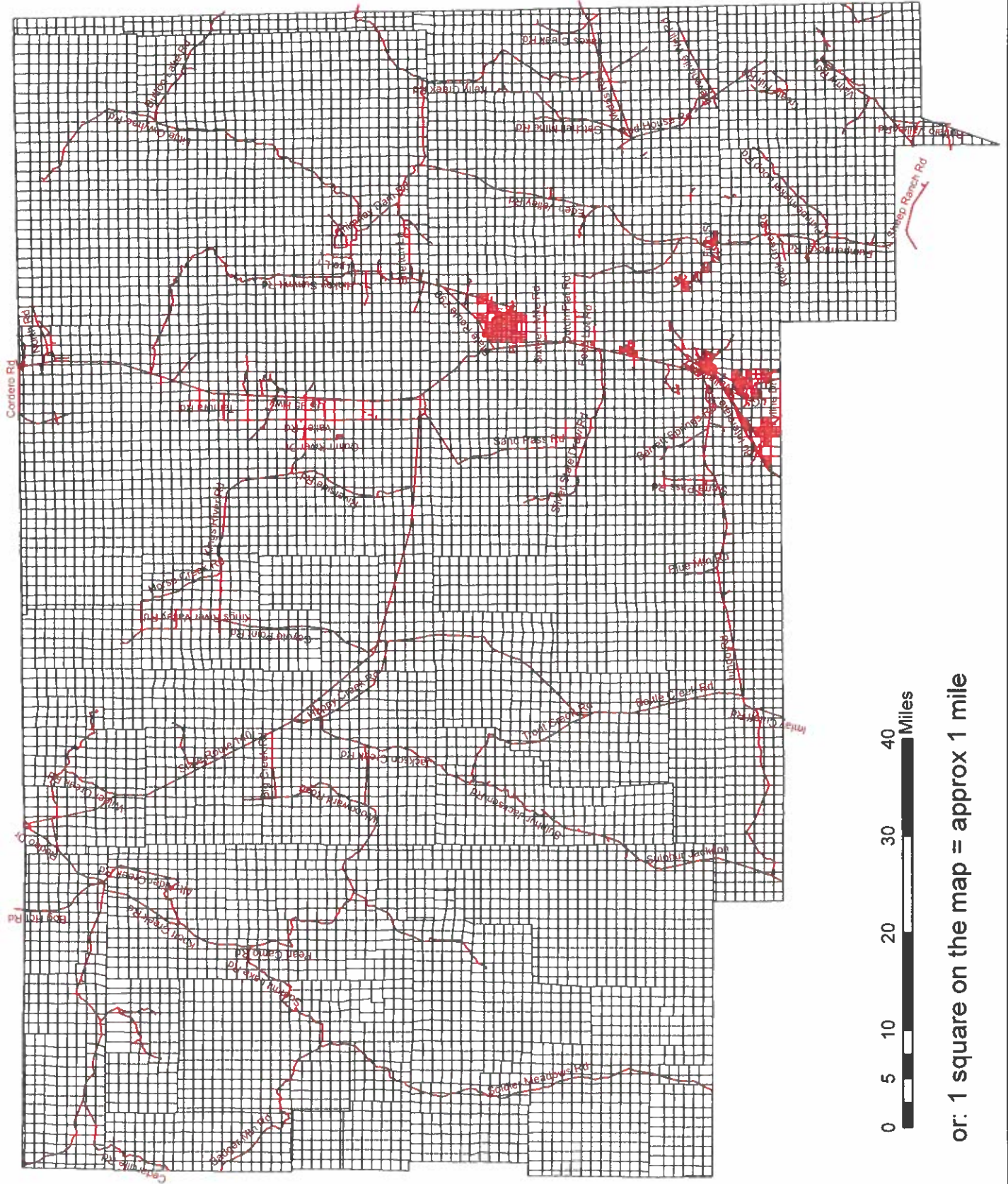
End of February

End of May

Each tracker submitted by an employee is required to have backup material attached. There are forms which have been created available on the Humboldt County website under the employee/wellness link. At each event/presentation sponsored by Humboldt County an event sign-off form will be available for each participant. These do need to be attached to the tracker as backup material. To track challenges, Walk Humboldt County miles, gym workouts you can utilize whatever format works best for you be it a spreadsheet or a calendar, as long as it reflects how you earned your bucks.

HUMBOLDT COUNTY

445 Perimeter Miles!



or: 1 square on the map = approx 1 mile