



Warren County Wellness would like to welcome you to the Warren County Team. Our county offers a special wellness program to all Warren County Employees. The Wellness Program is to encourage the health and well-being of our employees and their families through education and initiatives that create a lifestyle of well-being, increases the awareness of resources contributing to well-being, inspire and empower individuals to take responsibility for their own health and to promote a sense of community.

Each Wellness year, running November 1st to October 31st, employees are encouraged to obtain wellness points. Employees can obtain points through a variety of activities, such as, annual doctors' appointments, eye doctors, dentists, volunteering, support groups, Live Healthy Iowa, coaching youth sports, and Wellness presentations just to name a few. Below are the number of points you will need to obtain to qualify for the Wellness Incentive. All employees that meet the required number of points qualify for a \$50.00 incentive towards their monthly insurance premiums. The month you start will determine how many points you need to obtain to qualify for the following wellness year.

November 1000	May 500
December 1000	June 400
January 1000	July 300
February 1000	August 200
March 1000	September 100
April 1000	October - does not qualify

Happy Well-being!! – The Warren County Wellness Committee