

ASHLAND COUNTY

Accomplishments in 2018

- Held a “Maintain/No Gain” Challenge from November through January; employees who completed the challenge were put in a drawing to win their choice of a bag chair, cooler bag, golf umbrella or gift card.
- Hosted a January & February Fitness Challenge; employees who completed this were put in a drawing to win one of the incentives offered.
- Partnered with the local YMCA to provide discounted memberships for county employees and their families.
- Provided flu shot clinics at two different locations for employees.
- Presented 10 sessions on the Diet Free Program, provided by a Registered Dietician.
- Promoted Samaritan Hospital’s community education classes to provide employees with the opportunity to earn points for completing a “Community Lifestyle Management Program”.
- Hosted Lunch and Learns called “The Calming Effects of Gardening,” and “The Benefits of Biking” which allowed people to get 50 points toward the wellness program for attending.
- Held our 4th Annual Poker Walk at our County Fairgrounds. The winning team members received a certificate for a Subway sub and then a drawing was completed from all those team members for a grand prize - a massage certificate.
- Created a Bicycle Challenge and the winner was put into a drawing for a \$50 gift card to Ashland Bike Company and all non-winners received a participatory prize.
- Offered a series of 4 basic Tai Chi classes in October at our local YMCA. Participants were put into a drawing for a variety of different incentives.
- In November we held a Wellness Fitness Challenge to workout in any of the county exercise areas for a minimum of 30 minutes per day, 15 times during the month. Participants were put into a drawing to get the chance to win an incentive.
- All employees who completed their health evaluation by May 1st, 2018 were entered into a drawing for a \$100 gift card.
- All employees who completed the wellness program for 2018 were entered into a drawing to win 1 of 6 \$50 gift cards.
- All employees who completed the wellness program for 2018 with 800 or more points were entered into a drawing for their choice of a Fitbit or a \$100 visa card.



The winning team of the 4th Annual Poker Walk