

# DARKE COUNTY



## Accomplishments in 2018

- Distributed a Needs and Interest Survey to employees with a total of 96 surveys completed. Results were used for program planning.
- Purchased 3 stand up desks to give away.
- Promoted multiple events throughout the year including: Awareness & Self Defense, CEBCO Snooze or Lose Challenge, OSU Super Powers Online Challenge, etc.
- Onsite health evaluations were held at three different locations with a chance to win an indoor grill and/or one dehydrator with a recipe book and beef jerky seasoning.
- Offered a Lifestyle Management Program titled, "Simple Ways to Wellness" where we partnered with two local yoga instructors and had a kickoff followed by six additional classes.
- Held a "Keep Calm, Drink More Water" Challenge that lasted four weeks during which encouraged employees to increase their daily water intake.
- Promoted the "Step Into Action" activity challenge that encouraged employees to get 150+ minutes of physical activity a week. We had 8 prizes based on how many minutes we completed ranging from \$50 gift cards to wellness cups.
- Had a CEBCO representative present "Know Your Anthem Plan" for two sessions at two locations.
- Partnered with Wayne Healthcare to present "Be Active" Walking Program held at our county fairgrounds.
- Set up a bi-weekly office chair massages.
- Held monthly wellness team meetings, and implemented team newsletters, bulletin board postings and our County Wellness Facebook Page throughout the year.
- Provided three "Wellness Bonuses" of \$500, \$300, and \$200 offered to anyone who completed the wellness program.
- Hosted 5 Lunch & Learn Education Sessions at three locations about "Eating Smart by Planning Ahead."
- Partnered with Wayne Healthcare for the 5th Annual Health Fair which included 630 attendees! 140+ included county employees.
- Gave everyone who completed the 2018 Wellness Program an insulated cooler bag and a blue tooth speaker.