

ROSS COUNTY

Accomplishments in 2018

- Provided six onsite health evaluations for employees and spouses on the insurance plan.
- Created a Pedometer/Biggest Loser Challenge that 92 employees and spouses participated in.
- Hosted a Spring and Fall “Ross County Wellness Nature Hike” which included a 30 minute guided hike through Buzzards Roost Nature Preserve.
- Offered multiple fitness classes including: Total Body, Beginner Yoga, Tabata, Chair Workouts, and Gentle Strength.
- Held our 3rd Annual Day/Night Golf Outing.
- Hosted our 3rd Annual 4 on 4 Volleyball Tournament.
- Held our 4th Annual 5K Walk/Run at the Yoctangee Park.
- Offered three Lunch & Learns revolving around the topics: Understanding Your Health Care Benefits, Take Charge and Live Well, and Mindfulness: Being Present in Your Work and Life.
- Participated in the Water Works Challenge through Interactive Health.
- Invited all employees to participate in the 2018 Great Lakes Great Apple Crunch.
- Held our 5th Annual Employee Appreciation & Wellness Picnic - we had approximately 252 employees RSVP!
- Used approximately \$10,000 of the 2018 CEBCO Wellness Grant to provide an additional incentive for those who completed the Interactive Health Program.

