

Four basic numbers can give you a snapshot of your health, and a road map for improving it.

By knowing these numbers:

- Blood pressure
- Cholesterol
- Body Mass Index
- Glucose or Blood Sugar,

you can gauge your risk for serious health problems like cardiovascular disease, diabetes, stroke and even dementia. When you make changes in your lifestyle, these numbers can mark your progress.

In 2012 all employees are encouraged to “Grow Healthier Habits” and as part of this campaign, the County would like to add the following employee incentive:

Know Your Numbers Incentive

Every employee eligible for County benefits that gets their numbers checked by scheduling an appointment with Employee Health would **receive 4 hours of HHE**-- Healthy Hours Earned leave time. These hours could be used in the same manner as annual leave with prior supervisor approval.

Every employee that gets their numbers checked a second time (4 to 6 months later) **and** shows improvement in one or more numbers (*improvement to be determined by Employee Health*) would receive 4 additional hours of HHE.

Once accumulated, the HHE would appear on the employee’s pay stub. The maximum number of HHE could not exceed eight (8) hours in a twelve month period. The time would not roll into sick leave at the end of the year and it would not be paid out if employment ends. Much as the same way annual leave is used, this leave could be taken only with the prior approval of the employee’s immediate supervisor.

This wellness program would be for **all employees eligible for benefits**. Employees participating in the “Opt-Out” Agreement will be allowed to take part in this program.