



DOUGLAS COUNTY

Human Resource Department

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MEMORANDUM

TO: Douglas County Employees

FROM: Human Resource Department

RE: Health and Well Being Program

DATE: March 19, 2020

Douglas County's Health and Well Being program officially begins on **May 1, 2020**. However, many employees have asked if they could complete the Health Assessment and Well-Being program before that time. Good news, Health Partners has opened the program early. You and your spouse can start the program on **Monday, March 16**.

The program is only for Douglas County Employees and Spouses who currently have health coverage. It involves the completion of a confidential health assessment and the completion one of the many well-being programs offered by Health Partners.

By taking the short health assessment you'll discover what areas of your health could use some work and what you're already doing that's working in your favor. As soon as you finish, you'll get a personalized report. It is quick, easy and confidential. The health assessment must be completed by you and your spouse sometime between **May 1– 31, 2020**.

Following the health assessment, complete a well-being activity that fits your life. You can learn to manage stress, eat healthy and move more. Plan ahead; most activities take eight weeks to complete. The well-being activity must be completed by **September 30, 2020**.

Employees and Spouses that complete both the health assessment and a well-being program will receive an additional \$250 (for single plans) or \$500 (employee+1 or family plans) contribution to their Health Savings Account.

For more information log on to healthpartners.com/wellbeing.

Frequently asked questions (FAQ) along with additional information will be posted on the Douglas County website (<http://douglascountywi.org/713/Health-Well-Being>) for employees to review.

If you have any additional questions, you can contact the Human Resource Department at 715-395-1429.