

# Iredell County Employee Wellness Program



## Wellness Activities

(April, May, June 2022)

***Are you required to complete additional wellness requirements in order to receive the discount on your health insurance premium? Below is a list of activities that you can pick from to qualify for the discount.***

**Eat the Rainbow Challenge**— People who consume more fruits and vegetables as part of a healthy diet have reduced risks of chronic diseases. Have you thought about making healthy changes to your diet? This challenge encourages you to pick one unhealthy (or less healthy) food to replace with a fruit or vegetable each day for 12 weeks. Everyone who is successful in replacing one unhealthy (or less healthy) food each day with a fruit or vegetable for at least 4 days each week of the challenge will receive a prize! This challenge will take place April 3rd—June 25th

[CLICK HERE TO REGISTER NOW.](#)

*For this to count as a wellness activity you must submit the chart to Christina Davidson by the end of the day on July 5, 2022*

**Online Ergonomic Presentation** — Having a position that is mainly stationary can cause the body to ache from improper sitting and desk set up. Watch this educational video that shows tips to help you arrange your office set-up where you have the best advantage and posture. Correct posture can alleviate sore backs, legs, necks and wrists.

**VIDEO LINK WILL BE SENT OUT IN MAY.**

*For this to count as a wellness activity you must email Christina Davidson by the end of the quarter something you learned that you were not already aware of.*

**Social Distancing Champion 5K**— We will be holding a virtual run/walk event in June. Help jump start getting your body ready for summer activities! With this virtual event you get to pick the day, time and location of your walk or run! You walk/run a 5K (3.1 miles) or 1 mile route at the time that works best for you. Those signing up for this challenge will receive a t-shirt! Take a picture from your walk and submit to Christina Davidson to receive a prize by June 30th ! Pictures will be shared in the County Circle newsletter. Challenge can be completed anytime during June 18-25. Deadline to register and receive a t-shirt for the Social Distancing Champion is Friday, May 6th.

[CLICK HERE TO REGISTER NOW.](#)

*For this to count as a wellness activity you must submit photo by 06/30/2022 to Christina Davidson.*

**A visit to the Wellness Clinic OR An Appointment with your personal Physician\*** You will need to submit a note from the Wellness Clinic or from an outside Physician's Office listing your name and the date of your appointment.

*\* For activities with an \*asterisk beside them, you must submit documentation after completion to Christina Davidson (Wellness Clinic). Documentation must be SCANNED AND EMAILED to christina.davidson@co.iredell.nc.us no later than the last day of the quarter that the activity was completed in.*

**If you have questions regarding your wellness requirements, please contact:**

Christina Davidson at 704-878-3057 or christina.davidson@co.iredell.nc.us