

# 2021 Wellness Program: Winter Wellness • January 1 to March 31

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Earn up to a \$100 Deductible Credit on your 2022 Medical Deductible with the Wood County Employee Health Benefits Wellness Program.

Each quarter features wellness events and challenges. In addition to having completed a current wellness screening (completed in 2019, 2020 or 2021) just attend one wellness event and complete one six-week wellness challenge during the quarter to earn a \$25 deductible credit for that quarter. Participate in a challenge and an event in all four quarters and receive a \$100 deductible credit.

## Available Challenges

Save Your Moola • Stay Hydrated

Start your personal six-week challenge any time before February 18.

## Eligible Wellness Events

KEPRO (EAP) Monthly On-Demand Seminars

[www.eaphelplink.com](http://www.eaphelplink.com) – Company Code: WEBEAP

**Reframing Your World** • Available January 19

**Setting Goals for your Future** • Available February 16

**Planning for Success** • Available March 16

OSU Extension On-Line Programs

Noon to 12:45 p.m. on the following dates:

**Aging and your Brain Health** • January 20

**Manage Your Money in 2021** • January 27

**Beating the Winter Blues** • February 10

**Rethink Your Drink** • February 17

**Humor and Stress** • February 24

**Put a Zing in your Spring with Smoothies** • March 10

**Essential Oils 101** • March 17

**Protect Your Skin** • March 24

**Dining with Diabetes** (four class series)

Beginning March 4 – 5:30 to 7 p.m.

**Million Hearts** (three class series)

Beginning February 3 – 5:30 to 7 p.m.



## Know Your Numbers!

Schedule a Wellness Screening.

It's the first step to earning  
a deductible credit.

Call 419.354.1373 to see if you  
are eligible for a screening.

## Deferred Compensation

Attend a virtual meeting with a Deferred Compensation Representative

### CCAO Deferred Compensation

Joel Smith 419.270.9035

[joel.smith@empower-retirement.com](mailto:joel.smith@empower-retirement.com)

### Ohio Public Employees Deferred Compensation

Stan Mories 419.560.0644

[moriess@nationwide.com](mailto:moriess@nationwide.com)

Visit the employee website, [www.woodcountyohio.gov/employee](http://www.woodcountyohio.gov/employee) under the wellness link to register for Wellness Events and download the Wellness Challenge tracking log. For questions about the programs or to register for a wellness screening, contact the Benefits Clerk at 419.354.1373 or email [wellness@woodcountyohio.gov](mailto:wellness@woodcountyohio.gov). Certification/ verification of attendance is required to receive credit for Wellness Events and must be submitted by the last date of the quarter. Completed challenges must be submitted by the deadline noted on the tracking log. Last day to start a challenge is six weeks prior to the end of the quarter.