

**Proud to partner with you on your
path to a healthier, happier life**

Wellness Credits = \$\$

For eligible employees, the program offers an opportunity to earn Wellness Credits for participating in certain healthy activities. Details of the program are available at the wellness website, www.gcbewellbesafe.com.

Online Wellness Assessment:

Gateway to the Gwinnett County Employee Wellness Program

In order to participate in other components of the Wellness Program, eligible employees must have a current Wellness Assessment (WA) on file. Current is defined as once annually. The WA is a personalized health assessment. It consists of results from health screenings and personal health planning. The WA is accessible online at the wellness program website, www.gcbewellbesafe.com. To access the WA, you must be a benefit-eligible employee. New hires must wait until their benefits are effective for approximately one week to 10 days in order for their eligibility data to be received by the wellness vendor.



In addition to financial incentives based on Wellness Credits, the following programs are currently available but subject to be discontinued at any time:

Weight Management Programs Including Weight Watchers At-Work

Benefit-eligible employees can enroll in an at-work program delivered in a group format. The program focuses on healthy eating, behavior modification, and physical fitness for a balanced lifestyle approach to weight loss and continued weight management. Partial to full reimbursement is available for attending an organized, County-recognized weight loss program.

Fitness Reimbursements

For benefit-eligible employees, reimbursement of 50 percent of annual health club/gym membership fees, up to \$300 payable per year. Employee must complete the online WA during the calendar year for which they are filing for reimbursement.

Therapeutic Stretching Classes

Weekly classes, held before and after regular business hours at GJAC, are available to benefit-eligible, full-time employees. The classes focus on the benefits of stretching for flexibility and overall health.

Annual Seasonal Flu Vaccines

Flu vaccines are provided annually for benefit-eligible, full-time employees, retirees, and eligible dependents. Appointments are made through the Employee Service Center.

Life Line Screenings

For benefit-eligible, full-time employees. Mobile ultrasound equipment, set up at GJAC, is used to detect early signs of stroke, existence of an aneurysm, and/or presence of peripheral arterial disease in the lower extremities.