



Franklin County Fiscal Court & Heuser Health

Partner in wellness

WELLCARE ASSESSMENTS

The Franklin County Fiscal Court and Heuser Health will begin the 2016 wellness program by having onsite wellcare assessments. This will entail gathering biometric data to aide in nutrition assistance and strategies for optimized health.



- Height
- Weight
- Body mass index
- Body fat percentage
- Waist Circumference
- Blood pressure
- Fasting blood glucose
- Cholesterol
- HDL
- LDL
- Triglycerides

NUTRITION CLASSES



Understand the “WHY” behind nutrition science.

Heuser Health will conduct a one-hour lecture on the science of nutrition and discuss strategies to eating for optimized health including diet specific advice to prevent heart disease, diabetes and other preventable, chronic diseases.

Lunch to be provided by FCFC. Employees can attend one (1) general nutrition class per year to earn additional wellness points. They can earn additional credit for each specialty class they attend. See below.

General Nutrition	Fiscal Court	Tentative	September 6, 2016
General Nutrition	Location TBD	Tentative	November 2, 2016
Holiday Nutrition	Location TBD	Tentative	November 22, 2016
General Nutrition	Fiscal Court	Tentative	February 8, 2017
Specialty Nutrition	Location TBD	Tentative	March 29, 2017

We will be offering a Nutrition-based, 30-day challenge April 1 through April 30, 2017.



FCFC WELLNESS PROGRAM POINTS SYSTEM

WELLNESS PROGRAM POINTS SYSTEM

EMPLOYEE RECEIVES A \$100.00 GIFT CARD FOR FIRST 500 POINTS EARNED

EMPLOYEE RECEIVES A \$50 BONUS GIFT CARD FOR EARNING ANOTHER 500 POINTS (MAXIMUM ANNUAL INCENTIVE TOTALS \$150)

POINTS TRACKED BY HEUSER HEALTH. GIFT CARDS SENT THROUGH FISCAL COURT TO DISTRIBUTE TO EMPLOYEE AS EARNED.



Completion of Heuser Diagnostic Examination	300 points
Bonus - Fasting glucose in range	25 points
Bonus - Blood pressure in range	25 points
Bonus - Total Cholesterol in range	25 points
Bonus - BMI (or Body Fat%) in range	25 points
Bonus - Completion of follow up exam and improvement to goal in any above biometrics if out of range	25 points each.
Proof of completion of smoking cessation program	150 points
Completion of Heuser online self-assessment tool located at http://heuserhealth.com/diagnostics/self-assessment-tool/	25 points
Completion of Heuser General Nutrition Class	50 points (once per year)
Completion of Specialty Nutrition Class	50 points each
Proof of P.O.P.S. Test Completion (or letter from physician for individuals whose medical conditions make it unreasonably difficult, or for whom it is medically inadvisable to complete the P.O.P.S. test)	100 points
Completion of Heuser Fitness Workshop	25 points each 45-minute session attended
Completion of a Stress Workshop	25 points
Proof of routine preventive dental exam	25 points (twice per year)
Proof of annual flu shot	50 points
Proof of registration for and completion of a fitness event sanctioned by a recognized fitness, athletic, or sporting organization. This includes but is not limited to: running races (5k/10k etc), cycling events, tennis and basketball leagues, fitness competitions etc. Many events qualify. Email info@heuserhealth.com to confirm.	50 points each (up to 5 each year)
12 verified workouts in any one calendar month at a fitness facility.	20 points per month
Proof of preventive care exams – Pap smear – female, age 18+ Mammogram – female, age 40+ Prostate exam – male, age 40+ Colorectal screening – female or male, age 50+	50 points each
Participation in one of various “30-day challenges” to be administered by Heuser Health	25 points

SELF-REPORTED POINTS SCORECARD

Double click to make wide space

THE ATTACHED DOCUMENT(S) IS PROTECTED HEALTH INFORMATION



**HEUSER
HEALTH**



**HEUSER
DIAGNOSTICS**



**HEUSER
FITNESS**



**HEUSER
NUTRITION**

FAX # (502) 895-4418

FRANKLIN COUNTY FISCAL COURT WELLNESS PROGRAM

Self-Reported Points Scorecard – attach proof document

EMPLOYEE NAME: _____

EMAIL ADDRESS: _____

Check

Proof of completion of smoking cessation program	150 points	
Completion of Heuser online self-assessment tool located at http://heuserhealth.com/diagnostics/self-assessment-tool/	25 points	
Proof of P.O.P.S. Test Completion (or letter from physician for individuals whose medical conditions make it unreasonably difficult, or for whom it is medically inadvisable to complete the P.O.P.S. test)	100 points	
Completion of a Stress Workshop	25 points	
Proof of routine preventive dental exam	25 points (twice per year)	
Proof of annual flu shot	50 points	
Proof of registration for and completion of a fitness event sanctioned by a recognized fitness, athletic, or sporting organization. This includes but is not limited to: running races (5k/10k etc), cycling events, tennis and basketball leagues, fitness competitions etc. Many events qualify. Email info@heuserhealth.com to confirm.	50 points each (up to 5 each year)	
12 verified workouts in any one calendar month at a fitness facility.	20 points per month	

Fax Self-Reported Points Scorecard to Heuser Health at (502)895-4418 or email to amy@heuserhealth.com along with proof of activity.

If you have any questions you can call 5 02-893-7833.

