



## WELLNESS SCREENING PROGRAM

Grayson County has implemented a Wellness Screening Program to encourage employees to live healthier lives by actively engaging with a health care provider and utilizing the preventive services available through the County's health care benefit program. Employees and spouses who are enrolled in the County's health care plan will be required to have certain annual wellness screenings in order to avoid a Wellness Surcharge.

### ANNUAL PHYSICAL /WELLNESS EXAM

- A standard annual physical or wellness exam must be completed from 11/1/2018 – 10/16/2019.
- A Wellness Screening Verification form must be submitted to the County Wellness Coordinator by 10/16/2019.
- While Wellness exams often include blood pressure, cholesterol and glucose screenings and/or a body mass index check – at this time, no specific tests are required.
- Employees and spouses who do not complete an annual exam and do not submit a Wellness Verification form by 10/16/2019 will be assessed a monthly surcharge of \$25 per person beginning 11/1/2019. When compliance is met, the surcharge will stop the first of the month following compliance.
- Anyone that is hired **prior to June 15, 2019**(medical insurance is effective by September 2019) will be **required to submit their wellness screening verification form** by October 16, 2019.

### TOBACCO CERTIFICATION

- A Tobacco Certification form must be submitted from 11/1/2018 – 10/16/2019.
- Employees and spouses who certify as a tobacco user **and** are not enrolled in a Tobacco Cessation Program before 10/16/2019 will be assessed a monthly surcharge of \$25 per person beginning 11/1/2019. When compliance is met, the surcharge will stop the first of the month following compliance.
- Anyone that is hired **prior to June 15, 2019**(medical insurance is effective by September 2019) will be **required to submit their tobacco certification form** by October 16, 2019.