

***CLARK
COUNTY
WELLNESS
PROGRAM***

2008

CLARK COUNTY WELLNESS PROGRAM

Purpose of Wellness Policy

Clark County has established a Wellness Program to assist all employees in improving their quality of life. The Wellness Program will do this by encouraging the adoption of healthy lifestyles, assisting in identifying medical conditions to prevent future illnesses, and providing information and support to assist in the management of chronic illnesses.

Funding for the Wellness Program will be provided by the “cost savings” of pre-tax deductions for Health Insurance and the Flex Benefits.

The Wellness Program is available to all Clark County Employees.

Policy Statement

Clark County's Wellness Program includes the following:

1. Provision of a Wellness Information Center which will be accessible during County Building operations for all employees. The area will contain information on areas such as healthy eating, exercise, finance, community resources and smoking cessation.
2. Educational sessions will be provided regarding health and wellness issues. Times and locations will be scheduled based on resources available. These opportunities may occur either during regular business hours or during non-business
3. Provide an on-site health risk assessment once every other year (2008, 2010, 2012).
4. Provide a Self Care Guide to all employees.
5. Provide a balance weight scale at courthouse/HCC.
6. Participation in the Wellness Program is strictly voluntary, at the sole discretion of the individual, and may begin or end at any time for any reason.
7. The Wellness Program is not a substitute for appropriate medical care.
8. The Wellness Program is separate from the Wellness Benefits as described in the Clark County Health Insurance Plan Summary. Employees participating in the Clark

County Health Insurance Plan should review their plan documents for additional information regarding Wellness Benefits covered under the plan.

Health Risk Assessments

1. Health risk assessments are a valuable part of any Wellness Program. These assessments provide a cost effective way for employees to receive information regarding their personal health risks and may assist employees in setting personal goals to maintain or improve their health.
2. All confidential medical information gathered through the health risk assessment is maintained by the firm conducting the health risk assessments, in separate and confidential files. Participants may request access to this information through the firm that does the health risk assessments. Clark County does not have access to, or any copies of, any individual information gathered through the health risk assessment.
3. An executive summary of the aggregate results (without any personal identifiable information) of the Health Risk Assessments will assist the County in identifying the major issues facing the group and will guide in the development of strategies to address these issues.
4. All employees are eligible to participate in the health risk assessment on an annual basis at times designated by Clark County. Participation is voluntary. The cost of the health risk assessment for employees that have the Clark County Medical Plan will be at 100%. The cost for employees that are not on the Clark County Medical Plan will be \$20 to defray a portion of the cost.

Place	Services Available	Approximate Fees	Comments
Abbotsford School	Walking 6:30 am – 7:30 am and 5:30 pm – 6:30 pm Pool – 7:00 pm – 9:00 pm Various exercise classes	No fee for walking Different fees district/out of district	
Alma-Center	Walking 6:00 am – 8:00 am Mon – Wed night recreation prgm Swimming open pool, adult swim, water aerobics	No fee for walking \$1 for 2 hour program \$1	
Black River Falls	Schools not open to public. Lunda Center has walking track – no cost.	Walking track M-F 5:00 am – 7:45 am and 5 pm – 8 pm Sat. 7 am – 9 am Sun. 3 pm – 8 pm	Also has pool and exercise equipment available for a fee.
Colby School	Walking 6:30 am – 7:45 am and 3:45 pm – 5:30 pm Swimming	No fee Pool open Wed. night for lessons, water aerobics and open swim	
Granton	Walking 6:00 am – 7:30 am indoor track Open gym (in fall) Pool – summer only outside	No fee for walking Pool pass	
Greenwood School	Walking 7:00 am – 7:50 am	No fee for walking	
Loyal School	Walking 4:00 pm – 8:00 pm	No fee for walking	
Marshfield	Walking loop at High School Three different routes.	M – TH 9/13-12/16 3:30 pm -8:30 pm Must register in room 88. Clean tennis shoes required – strollers welcomed. No fee.	
Neillsville School	Walking 6:00 am – 7:30 am and 4:00 pm – 11:00 pm Pool M/W/F 6:00 am – 7:00 am T/TH 5:45 pm – 8:15 pm Sun 1:30 pm – 4:00 pm	\$1.00 senior, \$1.50 adult prefer monthly pass	
Osseo-Fairchild	Fitness center walking path M-F 5:30 am – 7:30 am and 5:30 pm – 9:30 pm Aerobic equipment Outside pool	\$25 adult membership Pool pass	

Owen Withee	Walking 6:30 am – 7:30 am Weight Room 4:00 pm – 5:00 pm Open Gym Sun. 7:00 pm- 9:00pm		
Pittsville School	No walking Open Gym – Wednesday night		
Spencer	Walking 6:30 m – 7:30 am 5:00 pm – 9:00 pm Weight Equipment		
Stanley School	No walking Stanley-Boyd Community Pool and Fitness Center Exercise equipment Pool	M-F Lap/Water Joggers 5:30 a.m. – 7:30 am Mid day 11:30 am – 12:45 pm Evening 4:00 pm – 8:00 pm (7 pm closing on Fridays) Lap/Water Joggers 5:30 pm – 6:30 pm	Minimal fees monthly, daily or annual based on residency/non-residency. Closed on all major holidays.
Thorp	Walking 6:30 am – 7:30 am 4:00 pm – 9:00 pm Outside Track open to public when school not in session.		

Programs	Locations	Comments
Weight Watchers	Marshfield Schofield	
TOPS	Neillsville (several groups)	\$20 year small fee/weekly meetings
Curves	Neillsville Colby Stanley Loyal Osseo	\$149 service fee monthly fee of \$29 or \$39 Travel pass for nationwide use
Studio 3 (Exercise)	Greenwood	M-Th 6 am – 8 pm Friday 6 am – 6 pm Sat 6am – 1 pm. Different levels of membership based on duration and usage.
HMR Weight Management	Marshfield Eau Claire – Luther	
Thorp Fitness	Thorp	5 am – 9 pm \$349 year
Jazzercise	Owen	M/W 6:30 pm Sat 8:30 am Fee
YMCA	Chippewa Falls Eau Claire Marshfield	
Tae Kwon Do/ Black Belt	Neillsville Marshfield	Neillsville has WAT (Women's Awareness Training) and Senior Fitness and Self Protection. Classes held week nights. Fee.
Muscle & Fitness	Marshfield	
Tone & Fit	Marshfield	
Yoga	Marshfield	
Fitness 4 Fun	Stanley	Mon & Wed 5:30 pm – 6:15 pm Tues. & Thurs. 5:30 pm – 6:15 pm and 6:15 pm – 7:00 pm Fee.
Living Well Health & Fitness Center	Neillsville	Mon – Thurs 6:00 am – 8:00 pm Friday 6:00 am – 6:00 pm Sat. 8:00 am – 2:00 pm Closed Sun. Membership for daily/monthly/ 6 mos/ Annual Classes/Workshops/Equipment/Sauna

