

Randolph County Employee Wellness

2020 Biometric Screening Standards

1. Waist Circumference: Male below 40" / Female below 35"

- a. If you do not meet the above standard, you may qualify by either of the following alternatives:
 - i. *Improve by at least 5% from 2019 or...*
 - ii. *Enroll and successfully complete the Health Coaching program through Prevo Wellness.*
 - Email Megan Young at myoung@prevodrug.com to enroll.
- b. Pregnant & postnatal employees (6 months) are exempt from this standard and need to pass 3 out of the remaining 4 standards to qualify for the Wellness Reward.

2. Blood Pressure: below 140/90 mmHg (Must be below both numbers to qualify)

- a. If you do not meet the above standard, you may qualify by either of the following alternatives:
 - i. *Improve by at least 10/5 mmHg from 2019 or...*
 - ii. *Enroll and successfully complete the Health Coaching program through Prevo Wellness.*
 - Email Megan Young at myoung@prevodrug.com to enroll.

3. Cholesterol Ratio: below or equal to 5.00 (Ratio is Total Cholesterol divided by HDL)

- a. **Alternative to qualify:** *Improve by at least 10% from 2019*

4. Hemoglobin A1c: below or equal to 5.70

- a. If you do not meet the above standard, you may qualify by either of the following alternatives:
 - i. *Improve by at least 10% from 2019 or...*
 - ii. *Enroll and maintain membership in the Health Coaching program through Prevo Wellness.*
 - Email Megan Young at myoung@prevodrug.com to enroll.

5. Be Tobacco-Free of All Tobacco Products (includes all tobacco and nicotine products and electronic devices/vapes/Juuls etc.).

- a. If you do not meet the above standard, you may qualify by completing the following alternative:
 - i. *Enroll and successfully complete the Health Coaching program through Prevo Wellness.*
 - Email Megan Young at myoung@prevodrug.com to enroll.

To receive the 2021 Wellness Reward, an employee must visit their PCP for their Annual Preventative Wellness Exam, pass 4 out of 5 standards, and complete the HRA..

Your Annual Preventative Wellness Exam must be done by your Primary Care Provider between July 1st and October 23rd. The County's medical plan allows one annual exam per fiscal year (July 1 – June 30) at no cost to the employee.
