

Shontell A. Robinson
Director



Marcy S. Jackson
Deputy Director

Human Resources Department

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Dear Forsyth County Retiree:

It's that time again to enroll in the Forsyth County Wellness Program! Let us help you make positive changes this year, for your health. You and your spouse, if they are covered on our medical insurance, may join the program in three simple steps:

- Step 1: Complete your Health Risk Assessment (HRA)
- Step 2: Schedule a biometric screening appointment
- Step 3: Complete the biometric screening

It is your responsibility to inform your spouse how to enroll in the wellness program.

You and/or your spouse may complete your HRA and schedule your biometric appointment until **Monday, April 9, 2018**. Biometric screenings will occur at the following times and locations:

Government Center: April 16 – 20
8:00 am- 2:00 pm

Public Health: April 23 – 24
1:00 pm- 7:00 pm

April 25 – 27
7:30 am- 1:30 pm

The HRA **must** be completed online and your email address is required to complete it. The links to complete both the HRA and to schedule your biometric screening appointment can be accessed on the flyer named **2018 HRA and Biometric Screening Instructions** that we have provided online at the following address:
<http://www.forsyth.cc/HumanResources/Retirees.aspx>

A copy of the flyer is also enclosed.

The Forsyth County Wellness Program uses a Health Risk Assessment (HRA) tool called *Biosignia*. This “Know Your Number” tool will help you to focus on behavior changes that can minimize your risks for developing chronic conditions. This tool incorporates the most up to date evidence-based clinical research and analyzes risk stratification and reports a “Know Your Number” score based on your lab results, your biometric screening measurements, and your answers to the HRA questionnaire.

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201 N. Chestnut Street • Winston-Salem, North Carolina 27101 • 336 / 703-2400 • Fax 336 / 727-2193

www.forsyth.cc/HumanResources

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Here are some important points to remember as you go through the process:

- If you have never joined the wellness program, you will need to create a new participant account using the electronic link provided. Links from previous years will not access the new HRA portal.
- An email address will be required to set up your account.
- Use the legal name the County lists for you on all of your accounts. Please use the same name in all parts of the process: when completing your HRA, scheduling your biometric screening appointment and completing your paperwork the day of your screening appointment.
- Come on time for your biometric screening appointment to prevent backups and delays in the screening schedule.
- It is recommended you fast for 8 hours but a minimum of 6 hours is required to ensure an accurate “Know Your Number” score and risk stratification analysis. Please refer to the enclosed chart for guidance as to when you should eat in relation to your appointment time in order to fast.

Additional information:

If you or your spouse is not going to enroll in the Wellness Program, please complete and return the enclosed declination form by mail, email hr@forsyth.cc or fax at 336-727-2193.

We would like to collect email addresses for all retirees. Please update and return your contact information on the enclosed form by mail, email hr@forsyth.cc or fax at 336-727-2193.

If you have any questions or need assistance, please call Human Resources at 336-703-2400 or email hr@forsyth.cc.

To Your Health,

The Forsyth County Human Resources Team

Attachments:

2018 Biometric Screening Instructions

Fasting Chart

Declination Form

Contact Form (as applicable)

Notice for Healthkick Program

If you have a medical condition for which meeting the incentive would be medically inappropriate for you, please contact a wellness coach for an alternative method to qualify.