



Your Wellness Matters

2023 Wellness Program Design: The Johnson County Wellness Program is a voluntary program for employees and spouses covered under the County’s medical plan that can reduce the cost of medical contributions. The wellness campaign period during which eligible activities can be performed and earn wellness points in 2023 for the 2024 incentives will be **August 1, 2022 through July 31, 2023**. Log into www.assethealth.com/johnsoncounty to track your points and progress. Contact Asset Health by emailing support@assethealth.com or calling 1-855-444-1255.

2023 Wellness Incentive Campaign Period: August 1, 2022 – July 31, 2023

Employees and spouses enrolled in the medical plan who earn a minimum of 100 points in 2023 by completing the following activities will earn the respective Wellness Incentive in 2024:

Activity	Points
Annual Physical with Lab Work	20 points
Health Risk Assessment	10 points
Voya Financial Wellness Assessment (employee only)	10 points
Healthy Biometric Ranges	10 points per desired range (50 points max) <ul style="list-style-type: none"> • Blood Pressure • HDL Cholesterol • Triglycerides • Fasting Glucose • BMI/Waist Circumference
Wellness Challenges and Walk Kansas	10 points (20 points max)
Community Walk/Run Event	5 points (15 points max)
E-Learning Series	5 points (15 points max)
Preventive Exams and Screenings	10 points (50 points max)
Physician Recommended Vaccinations	5 points (20 points max)
Complete an Approved Weight Management Program (if eligible) through Solera or Tria Health	15 points (15 points max)
Wellness Webinars (Voya and ComPsych)	5 points (20 points max)
Tria Health Pharmacy Advocate Program (if eligible)	15 points (15 points max)
Fitness Classes (in-person or virtual) Gym Membership County On-site Fitness Center	5 points 10 points (30 points maximum for fitness) 10 points

For more information, go to the Activity Tracking page in the Asset Health Wellness portal!



Tobacco Incentive

Employees will need to annually declare tobacco use/non-use through Oracle JOCO Employee SSHR if covered under County's medical plan. If you or your spouse uses tobacco, you will need to complete one of the tobacco cessation options below by July 31, 2023 to earn the Tobacco Incentive in 2024:

1. If you are committed to stop using tobacco, contact Tria Health by calling 888-799-8742 no later than May 1, 2023 and complete the S.T.O.P Program requirements by July 31, 2023.
2. If you are unsure if you want to quit smoking, but you still want to earn the incentive, complete Asset Health's three Knowledge Management courses; Effects of Smoking; Preparing to Quit; and Quit Day & Beyond.

Wellness Incentive Structure

To reward employees and spouses for their wellness efforts, the following monthly incentives will be applied in 2024 if the Wellness and Tobacco activities are completed during the campaign period.

	Wellness	Tobacco
Employee	\$70	\$40 (Combined)
Spouse	\$40	