



To support the well-being of County employees and help them better understand their health status, the County provides employees with an opportunity to participate in a free, once-per-year wellness profile (screening & health questionnaire).

VC-WELL!, the County of Ventura's workplace-wellness program, is incentivizing employee participation, in this and other healthy activities, by awarding points to earn cash awards. One new activity for 2020 is this **health pledge**. Regular county employees who participate by signing and adhering to the health pledge will earn 5 points toward the WELLthy Reward\$ cash incentive program.

Please submit the completed form to wellness.program@ventura.org no later than **August 31, 2020**.

Although I have not participated in a wellness screening and do not plan to do so, I, _____, commit to live a healthier lifestyle by maintaining healthy habits *and* changing my unhealthy behaviors that can lead to health risks. I will make a serious effort to do one or more of the following that apply to me:

- **Nicotine free** – quit smoking, vaping, chewing tobacco and cigar use if you are a user.
- **Eat healthier** – eat more whole grains and lean protein sources; reduce sweets & fatty foods.
 - Eat more fruits & vegetables; strive for at least 5-7 servings every day.
- **Move more** – at least 30 minutes of daily activity; walk as much as possible.
- **Healthy weight** – attain and maintain a Body Mass Index (BMI) between 18.5 – 27.5.
- **Blood pressure** – strive to be below 120/80; no higher than 140/90.
- **Cholesterol** – strive to be below 200 for total cholesterol and below 100 for LDL (bad) cholesterol.
- **Blood glucose** – strive to be below 100. If diabetic, regularly monitoring & controlling glucose levels.
- **Recharge** – take time to manage your stress through relaxation, meditation, exercise, etc.
 - Take paid 15-minute work breaks to walk outside; leave work station to mentally recharge, if possible.
 - Use resources on the Wellness & Behavioral Health websites to relax more.
- **Have purpose** – a healthy lifestyle can help you thrive and live your life with purpose.
- **Maintain health** – I had no health risks last year (**Great Job!**).

If I do not know how to improve my health risks, I commit to learn more about those risks by educating myself using resources on the County's Wellness Program website: www.ventura.org/vcwell. I understand that I can also access healthy lifestyle resources by going on my health insurance carrier's website: Vhealthcareplan.org & Blueshieldca.com.

**Your personal results will not be shared with the County; they will remain confidential with VC-WELL staff and contractors. The County will only get an aggregate report of all results that will be used to evaluate the effectiveness of the wellness program.*

Print Name _____

Employee # _____

Signature _____

Date _____