



January 22nd – April 27th
 Volume 2018.1.1

Open to all Chemung County employees
Earn points for being healthy
and a chance to win these prizes!



Get Healthy, Earn Points, Win Prizes!

How you earn points:

Register and complete online health risk assessment	10
Weigh in and have blood pressure taken in first week (dates and times below)	50
Weigh in and have blood pressure taken in last week (4/23—4/27)	50
For every 1% of weight lost between 2/5 and 4/27	50
Participation in scheduled walk or stair event	20*
Watch provided health related video and complete survey	20*
Attend and successfully complete six week CDSMP program (details below) (You must start these classes on 2/5 or 2/12 to be eligible)	50/300
Take weekly online health quiz	10*
Submit a healthy recipe (limit one per week)	10**
Submit a picture of yourself participating in any physical activity (limit 1 per week)	10**
Complete end of program evaluation	20

All points will be tracked by the Health Dept.
 Join in any of the activities listed above and earn points for participating.



- 1st place Fitbit Charge 2**
- 2nd place Empire Pass (free NYS park entrance)**
- 3rd place \$50 Wegmans Gift Card**

The first 150 participants to reach 200 points will win a water bottle!

The Challenge will run from January 22 through April 27th.
 In the event of a tie the person participating in the largest # of activities will win.

*Events, videos, surveys, and quizzes will be provided by the Health Dept. You can only earn points for them during that week. Check your email every Monday for details.

**Please email pictures and recipes to dbush@co.chemung.ny.us. They may be used in our weekly newsletter and on our Facebook page. Let us know if that's not ok.



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Weigh in and Blood Pressure

Earn 50 points with an initial weigh in and blood pressure reading at the following times:

- January 29, 31, or February 1st, from 8:30am–4:30pm at the Health Dept.
- January 31 from 11 am to 1 pm in room 110 at the Human Resource Ctr.
- February 1, from 11 am to 1 pm in room 319 at the Human Resource Ctr.

All weight and BP information will be kept strictly confidential

You can register, take a health risk assessment, and **earn 10 points** at any time from this link <https://www.surveymonkey.com/r/wcreg>

There will be links to announcements of fitness events, weekly quizzes, health videos, and the newsletter in weekly emails every Monday morning of the challenge.

Living Healthy
Southern Tier
Chronic Disease Self Management Program
(CDSMP)
Take Back Control of
Your Life & Manage
Your Own Care

AmotHealth | ihs
WE HESITATE FOR
HUMAN SERVICES, INC.

Chronic Disease, Self-Management Class Information

Earn 300 points!!

These classes will help you discover how to lead a healthier life by learning a variety of self care skills. They will give you the tools you need to maintain an overall healthier lifestyle, not just physically but mentally as well. Participants will meet once a week for 6 weeks following an orientation on February 5th from 4–5 pm. Classes will be at the Health Dept. from 4-6:30pm.

Please call the # below if these times don't work for you. Time may change depending on employee schedules.

Receive 50 points for each class and 300 total after participating in the 6 week long CDSMP course!

To register [click here](#) or email srh@ihsnet.org or call 776-9467 x 236