



May 2020

Penny Fahey

FC Wellness Program

307-332-1030 / 307-714-2380

Fremontcounty.wellness@gmail.com

www.fremontcountywellness.com

URGENT: PLEASE READ

Sadly, I have to tell you that my husband accepted a new job and I will be relocating to Casper in June. We are working on deciding how the Wellness Program will continue and I will let you know what to expect within the next few weeks.

In the meantime, I am working now to make sure all records are updated for the incentive in July. **Please have your logs for January through May turned in to me as soon as possible!** In the next few weeks, I will have information on what to expect in June and where you can turn in your June logs.

Please know:

- Premium reductions will remain in effect through December 31, 2020.
- There are no plans at this time to cancel the August Health Fair.
- Prescription Coverage Program participants will continue to receive their benefits.

I will be in Fremont County until June 12. Before that time, however, my only goal is to provide you with complete information on what to expect after that day. Please let me know if you have any questions!

-Penny

- **Physical Activity:** On the calendar below, record your physical activity in minutes, steps, or miles and record the total after each week to figure your monthly grand total. OR
- **Blood Pressure:** Take your blood pressure at least once per week and record it on the calendar below. See the activity and blood pressure charts below to check your category.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	MAY 2020				1	2	Total
3	4	5	6	7	8	9	Total
10	11	12	13	14	15	16	Total
17	18	19	20	21	22	23	Total
24/31	25	26	27	28	29	30	Total
							Grand Total:

Steps	Monthly Total	Average Equivalent
Wow!	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/week
In The Zone	100,001 - 240,000	5001 - 10000 steps @ 5 - 6 days/week
Getting Stronger	48,001 - 100,000	3001 - 5000 steps @ 4 - 5 days/week
Great Start!	36,000 - 48,000	1000 - 3000 steps @ 3 - 4 days/week
Miles	Monthly Total	Average Equivalent
Wow!	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week
In The Zone	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week
Getting Stronger	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week
Great Start!	7.5 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week
Minutes	Monthly Total	Average Equivalent
Wow!	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week
In The Zone	601-1080 min	31 - 45 min @ 5 - 6 days/week
Getting Stronger	321-600 min	21 - 30 min @ 4 - 5 days/week
Great Start!	120-320 min	10 - 20 min @ 3 - 4 days/week

* BP Category

Normal less than 120 less than 80
Elevated 120-129 less than 80
Stage 1 130-139 80-89
Stage 2 140 or higher 90 or higher
EMERGENCY Higher than 180 Higher than 120