July 2020

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Premium Reduction Measurements Happening Now

July– September, I will be accepting and completing measurements for the 2020-2021 Premium Reduction Program. All current premium reductions will expire December 31, 2020. Participants must complete new forms to receive a premium reduction January 1, 2021.

- I will be completing BMI and blood pressure measurements during my visits to Fremont County July 13-15, August 10-12, and September 14-16. I have set up appointments to meet with most departments during these dates. If you would like to meet with me to complete measurements please call or email me to set up a time: 307-714-2380 and fremontcounty.wellness@gmail.com.
- If we can not meet, I can accept BMI (weight and height) or waist, and blood pressure measurements completed at a recent physician's appointment.
- Wyoming Health Fairs will be completing BMI, waist, and blood pressure measurements at the Employee Health Fair August 26 & 27.
- I can still accept health fair screenings (glucose and cholesterol) completed within the last 24 months. The Employee Health Fair is scheduled for August 26 & 27. Flyers will be available next week with information on how to schedule your appointment. The links and information will be posted to the wellness website (fremontcountywellness.com) as soon as it is available. You can also see more info at wyominghealthfairs.com.

If you would like a premium reduction form, you can find one on the Wellness Website, fremontcountywellness.com, *Reductions & Incentives* tab, or please email me and I can send you one!

I AM LOOKING FORWARD TO SEEING YOU AND FREMONT COUNTY JULY 13-15.

INCENTIVES WILL BE PROCESSED JULY 13-15

Participation incentives will be processed and sent to Bookkeeping while I am there.
If you do not receive an incentive this month, and believe you should have,
please contact me!

Coming in August

Let's finally get back to fun. Next month, watch for information on blood pressure basics to kick-off our Blood Pressure Awareness Challenge coming in September.

- 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	
JULY			1	2	3	4	Total
5	6	7	8	9	10	11	Total
12	13	14	15	16	17	18	Total
19	20	21	22	23	24	25	Total
26	27	28	29	30	31	1	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
Elevated 120-129
Stage 1 130-139
Stage 2 140 or higher
EMERGENCY Higher than 180 Higher than 120