

2021

Auglaize County

Wellness Initiative

Together we are working towards a healthier County!

Welcome to the 2021 Auglaize County Wellness Initiative!

It is our mission to help everyone understand their health, how to improve it, and how to keep it affordable.

In this packet, you will find several pieces of information including:

- 1. Health Scorecard**
- 2. Health Screening Information**
- 3. Introductions to Challenges**
- 4. Steps 30 Day Challenge Information**
- 5. Water 30 Day Challenge Information**
- 6. Maintain Don't Gain 5 Week Challenge Information**
- 7. 5K Participation Challenge Information**
- 8. Gym Membership Participation Challenge Information**
- 9. Grand Lake Health Challenge Information**

The preventative screening will help us to control next year premium costs!

The optional challenges will help you to build up your Health Savings Account (HSA) or Flexible Savings Accounts (FSA) up to \$100!

