

County Wellness Card



Name: _____

	Blood Pressure	Nurse/EMT Initials		Blood Pressure	Nurse/EMT Initials
Jan.			July		
Feb.			Aug.		
March			Sept.		
April			Oct.		
May			Nov.		
June			Dec.		

Goal: Blood Pressure Check Quarterly (or 4x per year) = up to 4 points

Qualifying Wellness Activities (8 points = 8 hours PTO)

1. Biometric Screening (1)
2. Employee Health & Wellness Fair (1)
3. Flu Shot & Covid Shot (1 each)
4. HealthQuest Webinar/Incentive Modules (1)
5. HealthQuest Health Coach Appt. (1)
6. Community Wellness Event (ex. 5k) (1)
7. Wellness Programs (ex. SmartDollar, HealthQuest Challenges, Bike across Kansas, Walk Kansas) (up to 2)
8. Quarterly Blood Pressure Checks (up to 4)
9. Community Blood Drive (1)

Questions? Contact Brenda Pfizenmaier at (785) 229-3531 or Human Resources



Password: _____

HealthQuest
Username: _____