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## Human Resources Department

March 27, 2024

Dear Forsyth County Retiree:

It's that time again to enroll in the Forsyth County Wellness Program! Let us help you make positive changes this year, for your health. You and your spouse, if they are covered on our medical insurance, may join the Wellness Program in three simple steps:

### Steps for Wellness Program Registration:

- Visit the registration website at <http://www.FCGWellness.com> where you can:
  - **Step 1:** Schedule a biometric screening appointment
  - **Step 2:** Complete your Personal Health Survey (HRA) (must be completed online)
  - **Step 3:** Register for the Personal Health Portal (optional but highly recommended)
- Attend your biometric screening appointment

\* Please refer to the **2024 Wellness Program Detailed Registration Instructions** on the following pages for assistance with completing Steps 1-3 and an email and phone number to contact with questions.

**It is your responsibility to inform your spouse how to enroll in the Wellness Program.** You and/or your spouse may schedule your biometric screening appointment and complete your HRA until **Thursday, April 18, 2024.**

Biometric screenings will occur at the following times and locations:

**Dept of Social Services (DSS):**  
**5th Floor Conference Room**

May 8-10 & May 13-17  
8:00A- 4:00P

**Government Center:**  
**4th Floor Room A**

April 19, 22-24<sup>th</sup>  
8:00A- 4:00P

**Emergency Services**  
**(EMS):**

**EMS Training Room**  
May 2<sup>nd</sup> 1:00P-6:30P  
& May 3<sup>rd</sup>  
6:00A-1:30P

**Tanglewood Park:**  
**Red Barn**

April 30 & May 1<sup>st</sup>  
8:00A-3:00P

- **The Employee Health and Wellness Clinic will also be taking biometric screening appointments every Monday, Wednesday and Friday from April 19-May 17<sup>th</sup> (7:30a-11a). Appointments are limited and walk ins are not permitted.**

Forsyth County will be providing the Wellness Program in partnership with Wake Forest Baptist Health, which uses an evidence-based Health Risk Assessment (HRA) and biometric screening platform called Applied Health Analytics. Following the completion of your HRA and screening, you will receive a full report of your results and risk assessment in the mail, and you will also be able to download your report from the online Personal Health Portal. This report will help you to understand your results and to focus on behavior changes that can minimize your risks for developing chronic conditions.

*If you have a medical condition for which meeting the incentive would be medically inappropriate for you, please contact Sarah Swertfeger from Wake Forest Baptist Health at [fcgwellness@wakehealth.edu](mailto:fcgwellness@wakehealth.edu) for an alternative method to qualify.*

**For easy registration and the best Wellness Program experience, we highly recommend that you:**

- **Set aside 20 minutes** to complete all 3 registration steps online, in order, in one sitting at [www.FCGWellness.com](http://www.FCGWellness.com). This way, you will be automatically taken from one step to the next, and your information will carry over so you will not have to enter it three times!
- **Use the legal name** that the County has on file for you throughout all 3 steps of the registration process, and when completing the paperwork the day of your screening appointment.
- Register for the **Personal Health Portal** at the end of the HRA to be able to reschedule your screening appointment (if needed), view HRA and screening results (when ready), track your progress year to year and much more! If you choose to register for the Portal, you will need to create a new username and password of your choice, as accounts and links from previous years will not work this year.
- Provide an **email address** when completing all 3 registration steps in order to receive your screening appointment confirmation and a notification when your results are ready to view on the Portal. If you do not have an email address, you must provide a phone number instead.
- **Schedule your screening online** at [www.FCGWellness.com](http://www.FCGWellness.com). If you do not have access to a computer when scheduling your screening, you may call the Wake Forest Baptist Health screening scheduling line at **(336) 716-7979** to schedule or reschedule your appointment. However, please note that your HRA must be completed online, **so completing all 3 steps online is highly recommended.**
- Come **on time** for your biometric screening appointment to prevent backups and delays.
- It is recommended that you **fast for 8 hours** before your screening appointment time but a minimum of 6 hours is required to ensure accurate results. Please refer to the attached chart for guidance on when to eat in relation to your appointment time in order to fast. Medications and water are permitted.

**Additional Information:**

If you and/or your spouse choose not to enroll in the Wellness Program, please complete and return the attached declination form via interoffice mail, email [hr@forsyth.cc](mailto:hr@forsyth.cc) or fax to (336) 727-2193.

If you have a change of address that has not already been reported to County HR, please email the attached *Change of Address* form to [hr@forsyth.cc](mailto:hr@forsyth.cc) to ensure you receive correspondence from Wake Forest Baptist Health and Applied Health Analytics.

If you have any questions or need assistance, please call Human Resources at (336) 703-2400 or email [hr@forsyth.cc](mailto:hr@forsyth.cc).

To Your Health,  
The Forsyth County Human Resources Team

Attachments:  
2024 Wellness Program Detailed Registration Instructions  
Fasting Chart  
Declination Form  
Change of Address Form  
Notice for Healthkick Program