



TOWNSHIP of MONTGOMERY

DEPARTMENT OF HEALTH

SOMERSET COUNTY

Serving the Boroughs of Hopewell, Pennington and Rocky Hill

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Public Health
Prevent. Promote. Protect.

Wellness Incentive Time Off 2016

Earn 4 hours off in 4 easy steps*

1. Take an on-line Health Assessment:

American Heart Association – My Life Check

http://mylifecheck.heart.org/AssessmentTools2/main_en_US.html

When you're done, print the dashboard with your total score and suggested follow up action.

2. Set a Wellness goal, and log your progress for a month

The best way to make progress on your goal is to WRITE IT DOWN! Be specific, and realistic—"Lose 5 pounds by November 15" "Quit smoking by my son's birthday"—then track your daily progress.

3. You don't have to reach your goal to earn the incentive—you just need to track your progress.

4. To Redeem your Incentive Time Off Coupon, print (or take a screen shot) of:

a. your Health Assessment dashboard

b. your tracker (for 1 month) and,

c. place in a sealed envelope marked "Health Department—Wellness Incentive" and drop off at the Health Department.

5. The Health Department will issue a coupon for your Wellness Incentive Time Off, good through December 31. *Standard rules for time off requests apply.*

Individual Information will be treated as personal health data under the Health Department's Privacy Policy.

**or one-half of your work day, whichever is less.*

Questions? contact Devangi Patel, at (908) 533-9331 or at dpatel@twp.montgomery.nj.us