



Health and Wellness Policy

The Jones County Board of Commissioners has a growing concern for their employees' physical and mental health. The majority of our employees live in Jones County and the most serious health problems are hypertension, diabetes, and obesity.

Jones County's Health and Wellness Program is designed to provide employees with the tools they need to make positive lifestyle changes that result in better physical and emotional health and well-being.

The program's objectives are:

- To promote dietary changes and exercise through the use of educational and wellness events
- To encourage participation in periodic health screenings
- To encourage participation in the BCBSGA 360° Health Program

Jones County has formed a Health and Wellness Committee that will follow the guidelines of the Association County Commissioners of Georgia (ACCG) and Local Government Risk Management Services (LGRMS).

The Health and Wellness Committee consists of several employees including one Health Promotion Leader. The Committee will use training materials from ACCG and LGRMS, schedule wellness events, and maintain participation records.

Adopted by the Board of Commissioners, Jones County, Georgia
This ____ day of _____, 2010.