

Monmouth County Wellness Committee Mission Statement

The Monmouth County Wellness Committee will work to provide opportunities and encourage employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to physical, mental, financial and environmental well-being.



**The Monmouth County
Wellness Program
is an employee benefit
designed to provide each
of us with opportunities
to improve our
individual well-being
and quality of life at
home and at work.
Wellness program events
will educate and inspire
you to make healthier
lifestyle decisions and
help provide the support
needed to sustain them.
Find wellness programs,
newsletters and information
on the County Intranet
under Benefits, Wellness tab.**



**2024
Board of County Commissioners**

Thomas A. Arnone, Director
Ross F. Licitra, Deputy Director
Susan M. Kiley
Nick DiRocco
Erik Anderson



MONMOUTH COUNTY EMPLOYEE WELLNESS BENEFITS



**Monmouth County
Department of Human Resources
Benefits & Workforce Wellness Division
Hall of Records, One East Main Street
Freehold, NJ 07728**

Phone: 732-866-3622 Ext. 6135.
Fax: 732-780-3362
E-mail: beth.helsby@co.monmouth.nj.us



Wellness Incentive Program

The Wellness Program is designed to reward employees that choose to take control and manage their individual health. A variety of events will be scheduled throughout the year that provide opportunities for employees to learn and participate in events to assist them in achieving their personal health goals. The program will be holistic in nature and provide learning experiences and activities related to personal health, financial stability, community involvement, personal safety and environmental well-being.

Employees who participate in wellness activities will have multiple opportunities to accumulate points. The more points you earn, the greater your chance for winning one of 75 personal days off in quarterly drawings. All Wellness programs will be identified with the Monmouth County Wellness Program logo. Registration for most wellness events will be on-line under Self Service.

TYPES OF WELLNESS PROGRAMS OFFERED

- **Wellness Screenings/Preventative Health***
Biometric Screening, Cancer screening, Annual physical, Flu shot
- **Education**
Wellness webinars & seminars on a variety of topics.
- **Disease Management**
Diabetes, Hypertension, Asthma, Weight, Musculoskeletal, Sleep Disorder
- **Weight Control/Nutrition**
Walking Group, Weight management program, Walk at Lunch
- **Wellness Challenges**
Self Directed challenges on all aspects of overall wellness
- **Community***
Blood donation, 5K participation, volunteering

*Requires documentation. Wellness forms are available in Self Service under Benefit forms, on the Employee intranet wellness page or in the Benefits office.

Sign up for Benefits Notifications in Self Service to be first to receive Wellness program information.

Updated March 2023

EMPLOYEE FEEDBACK

“I increased my movement during the day and feel so much better”

“I have a different outlook and perspective in how I do things after participating in the wellness program”

“My diabetes is now under control.”

“I can’t believe how much money I was able to save in 12 weeks.”

“My overall health has improved”

“I lost weight and have more energy”

“I learned how to improve my mental health by doing simple things every day”

