



Together. Better. Stronger.



## 2020 Healthy County Highlights

**Healthy County Wellness Program** is a free program through BlueCross BlueShield that offers many different avenues to get and stay healthy.

- Agent received Paula Butler Award through the Texas Association of Counties (TAC)
- Challenges through TAC
  - 42 participated in some/all challenges walking a total of **32,326 miles**
  - 39 participated 22 completed Winter Blues and Running Shoes
  - 34 participated 20 completed County vs County
  - 29 participated 21 completed Reach the Beach
  - 29 participated 21 completed Fall into Fitness
  - 24 employees earned various amounts for Amazon gift cards totaling **\$1,260**
- **Naturally Slim** – 6 members participated in a 10-week online weight management class
- **Livongo** – 29 members participated in a diabetes management program that combines
- **Omada** – 2 members joined a personalized lifestyle-change program that inspires healthy habits they can live with for the long term. It combines the behavior-change science and unwavering support they need to lose weight, keep it off and reduce risks for Type 2 diabetes or heart disease.
- **Lunch n Learn** (normally quarterly, but due to pandemic, only one session was held.)
  - “Healthy County Rewards” by Mark Zollitch from TAC
    - 20 attendees
- **911 Memorial Climb** – 12 employees and 10 community members climbed 110 flights of stairs or walked the equivalent miles to “Never Forget” those First Responders that lost their lives on 9/11.
- County employees have created their own contests in the Sonic Boom program in between the state challenges, made donations to Good Samaritan and encouraged friendly competition/accountability.
- Brown County earned **\$3,360** as employer rewards to fund the program for 2021.
- A total of **\$4,620** awarded to Brown County.

**Walk Across Texas!** is an 8-week physical activity challenge where teams walk 832 miles, the distance across Texas. Healthy County partnered with Brown County 4-H to co-sponsor this program.

- 14 teams
- 124 participants
  - Participants aged 5 to 75 competed in this challenge.
- **21,335 miles**, we walked across Texas almost 26 times.
- Weekly newsletters were sent to participants and posted on Facebook to educate on healthy lifestyles.

February 8, 2021  
(Exhibit #9)