



WorkingWell

Kitsap County's *Passport to Wellness* – Frequently Asked Questions

The County is committed to helping Kitsap County employees and their dependents stay healthy in a variety of ways. The *Passport to Wellness* helps us explore the eight different pillars of wellness in ways that make sense for each of us by allowing for choices of activities to pursue.

Q: What is the *Passport to Wellness* Program?

A. There are 8 pillars that contribute to us having a high sense of well-being and health: Financial, Occupational, Emotional, Physical, Social, Environmental, Spiritual and Intellectual. Our *WorkingWell* Champions Council has created a voluntary program that will run from May through December. Each month, we will sponsor “Lunch and Learn” seminars, activities and other events that will help us explore a dimension of health and well-being.

Q. How do I participate?

A. Each month, take some time to do 3 activities related to any of the pillars. You can work on one pillar at a time or select from different pillars. If you do 3 activities, complete a slip to record your participation and place it into the inner-office “*WorkingWell*” envelope by the 5th of the following month. The envelopes will be in every work location. If you don't know where your *WorkingWell* envelope is, you can always return the slip either by inner-office mail to MS #23A or emailing a picture of your completed slip directly to HR at kitsapphs@co.kitsap.wa.us.

Q. Is there a prize for participating?

A. Every slip received in Human Resources by the 10th of the month will be eligible for that month's incentive prize drawing. At the end of the program, those who have completed three activities for each of the 8 pillars will be entered into our grand prize drawing, to be held in January.

Q. What are the prizes?

A. We will issue 6 Monthly incentive prizes and 10 grand prizes. The prizes are as follows:

Monthly prizes:

- 5 prizes monthly: \$50 contribution to deferred compensation, healthcare premiums, cash & gift cards (winner's choice)
- 1 prize monthly: 8 hours of wellness leave (participants will be eligible for only one wellness leave award per calendar year)

Grand Prizes!!

- Ten lucky winners will be drawn for one of the \$200 grand prizes that employees can use towards healthcare premium payments, deferred compensation or cash.

Cash, gift cards and prizes are subject to federal taxes. Contributions to deferred compensation accounts and healthcare premium reductions are not subject to taxes.