



The Ventura County Wellness Program (VC-WELL!) provides and encourages workplace programs and practices to promote the overall health & well-being of County employees.

All Regular County employees and their spouses are eligible to participate in an annual Wellness Profile screening, physical activity classes and challenges as well as a variety of resources to help employees GET FIT, EAT WELL & LIVE WELL.

Incentive Programs

WELLthy Reward\$ Program: Regular County Employees can access detailed information about how to achieve the Gold status and be entered into a drawing for a \$1000 cash award—OR—at least earn a minimum \$100 for completing the PWP. (Incentive is limited to the first 1125 employees)

Health Screenings

Via the Wellness Registration website: www.ventura.org/registervcwell, Regular County Employees & Spouses can login to schedule their Personal Wellness Profile screening as well as register for VC-WELL classes, activities and events.

Health-Club Discounts

County Employees can access a list of area health clubs that give County employees discounts. New clubs are added throughout the year.

Friendly Competitions

Employees and Spouses can create a personal account to participate in various virtual challenges that include physical activity and/or walking a certain amount of daily steps. Completed challenges can be converted to points toward Silver or Gold status for WELLthy Reward\$!

Health-Info & Resources

Access to walking maps of various County work areas, stretch break exercise, healthy recipes, online health-plan resources, etc

Please visit us @ www.ventura.org/vcwell.

1,125 prizes will be awarded!

CLICK HERE for details.

Keep track of your activities with this form.



GET YOUR 2019 WELLNESS PROFILE SCREENING:

RESULTS WITHIN 5 MINUTES! NO NEEDLES!



Health Club Discount List

July 1, 2018-June 30, 2019

For County Employees and Their Dependents



"GOLDEN SNEAKER" Agency/Dept WINNERS!

Public Defender

Fire Protection

Health Care Agency



Other VC-Well! Tools & Resources

- CLASS REQUEST FORM
- Fitting in Physical Activity at Work
- Eating Well At Work
- Community Resources
- Wellness Testimonials
- Health Club Discount List

Wellness Policies & Reports

- Annual Report 2017
- Employee Health and Wellness Policy
- Medical Maintenance Exam Procedure
- HIPAA Notice of Privacy Practices
- Medical Maintenance Exam Administrative Policy
- Vending Machine Policy
- County Rest Periods Policy



Contact us @ wellness.program@ventura.org