

ROCKWALL COUNTY EMPLOYEE



Wellness PROGRAM



ANNUAL PHYSICAL *Action Required*

Rockwall County employees and their spouses enrolled in the county health plan are required to complete their annual physical examination between August 1, 2025, and September 30, 2026. Failure to fulfill this requirement will result in a penalty of \$50 deducted from each paycheck during the year 2027. If both the employee and spouse do not complete the physical, a bi-weekly surcharge of \$100 will be applied. If you have your annual physical conducted at a clinic like Helping Hands, both you and the doctor must fill out the annual physical verification form. Please email a copy of the completed verification form to kruff@rockwallcountytexas.com or deliver it to the Human Resources Department. A copy of the Rockwall County Annual Physical Verification form is linked below and can also be found in the Human Resources section under Wellness on the county website.

[Rockwall County Employee Annual Physical Verification Form](#)

[Rockwall County Spousal Annual Physical Verification Form](#)

WELLNESS PROGRAM EXPLANATION AND BENEFITS

Rockwall County's Wellness Program offers employees a chance to enhance their health. Employees enrolled in the county medical plan can participate in wellness activities and earn tickets for these efforts. These tickets enter them into random prize drawings held each quarter. To discover ways to earn tickets, see the activities below and follow our monthly Wellness Newsletter.

ACTIVITIES WHICH EMPLOYEES CAN EARN WELLNESS TICKETS INCLUDE:

- Annual physical exam
- Screenings such as Biometrics, Cardiovascular, Cervical, Prostate, Colorectal, Mammography, A1C exam, and Diabetes
- Are you a member of a health club, YMCA, or do you take yoga classes? You must attend at least twice a week for a minimum of 30 minutes per session over the course of a month. Please request your club to provide a record of the days and times you attended during that month and email to me.
- If you don't have a health club membership but are committed to exercising at home, save a copy of the linked Exercise Log provided below. To earn credit, you need to work out twice a week for at least 30 minutes per session throughout the month. At the end of the month, please email your completed exercise log to me. [Exercise Log](#)
- Engage in Rockwall County Wellness-sponsored activities like Step, Hydration, and/or Nutrition challenges.
- Complete the UHC Quit for Life tobacco cessation program.
- Attend a Lunch & Learn event.
- Donate blood at the Carter Mobile Blood Donation bus at the Rockwall County Library. Dates will be posted in the Wellness newsletter and on Employee Wellness Facebook and Twitter accounts.
- Complete a 5k walk or run. Simply take a selfie or have another take a picture of you with your official tag number at the finish line. Send your photo to kruff@rockwallcountytexas.com.



HAVE QUESTIONS ABOUT ROCKWALL COUNTY'S WELLNESS PROGRAM?
CONTACT KATY RUFF IN THE HUMAN RESOURCES DEPARTMENT AT 972-204-6186 OR KRUFF@ROCKWALLCOUNTYTEXAS.COM



Employee Wellness, RockwallCo, TX



@Employee Wellness, RockwallCo, TX