

HAMILTON COUNTY GOVERNMENT

HEALTHY LIFESTYLE BEHAVIORS

In an effort to promote and encourage healthy lifestyle behaviors in its employees, help them save money on their overall health care costs, and lower their risk for certain diseases and other chronic illnesses, Hamilton County Government provides incentives.

Employees who do not use any form of tobacco receive a **\$5 per month discount** on their health insurance premiums.

January 2008, Hamilton County will offer employees Health Risk Assessments, with biometric screening (HRAs) and Health Coaching, to help them learn about their personal health status and receive counseling to help manage their overall health. These benefits are free to County employees who participate in our health insurance plan.