



Human Resources Department

March 13, 2026

Dear Forsyth County Retiree:

It's that time again to enroll in the Forsyth County Wellness Program! Let us help you make positive changes this year, for your health. You and your spouse, if they are covered on our medical insurance, may join the Wellness Program in three simple steps:

Steps for Wellness Program Registration:

- Visit the registration website at <https://assethealth.com/fcgwellness> where you can:
 - **Step 1:** Register for the Wellness Program Portal
 - **Step 2:** Complete your Health Risk Assessment (HRA) (must be completed online)
 - **Step 3:** Schedule a biometric screening appointment
- Attend your biometric screening appointment

* Please refer to the **2026 Wellness Program Detailed Registration Instructions** on the following pages for assistance with completing Steps 1-3 and an email and phone number to contact with questions.

It is your responsibility to inform your spouse how to enroll in the Wellness Program. You and/or your spouse may schedule your biometric screening appointment and complete your HRA until **May 15th, 2026.**

Biometric screenings will occur at the following times and locations:

Tanglewood Park: Red Barn April 14 th & 15 th 8:00A- 3:00P	Emergency Services (EMS): EMS Training Room April 17 th : 1:00P – 6:30P April 20 th : 6:00A – 1:30P	Government Center: 4th Floor Room A April 21 st – May 1 st 8:00A- 4:00P	Public Health: Meeting Rooms 1 & 2 May 5 th – May 8 th 8:00A- 4:00P
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- The Employee Health and Wellness Clinic will also be taking biometric screening appointments every Monday, Wednesday and Friday from April 13th - May 15th (7:30a-11a). **Appointments are limited and walk ins are not permitted.**

Forsyth County will be providing the Wellness Program in partnership with Atrium Health Wake Forest Baptist, which uses an evidence-based Health Risk Assessment (HRA) and biometric screening platform called Asset Health. Following the completion of your HRA and screening, you will receive a full report of your results and risk assessment in the mail, and you will also be able to download your report from the online Wellness Program Portal. This report will help you to understand your results and to focus on behavior changes that can minimize your risks for developing chronic conditions.

If you have a medical condition for which meeting the incentive would be medically inappropriate for you, please contact Emily Stiehl from Atrium Health at FCGWellnessAHWFB@Advocatehealth.org for an alternative method to qualify.

For easy registration and the best Wellness Program experience, you must:

- **Use the legal name** that the County has on file for you throughout all steps of the registration process, and when completing the paperwork the day of your screening appointment.
- Register for the **Wellness Program Portal** (new site) to be able to schedule your screening appointment, view the Health Risk Assessment and screening results (when ready), track your progress year to year and much more! You will need to create a new username and password of your choice, as accounts and links from previous years will not work this year.
- To register, please go to <https://assethealth.com/fcgwellness> and click on “Wellness Program Portal” and use the following instructions to create your account. **Your default username is your first initial of first name + last name + last 4 of SSN. Your default password is DOB (MMDDYYYY). When you log in, you will be prompted to reset your username and password.**
- **Complete your Health Risk Assessment (HRA)** by clicking the Health Assessment button. This will take approximately 10-15 minutes.
- **Register for your biometric appointment** by going to the events calendar and selecting the location and time you wish to attend. If there are no appointment slots available, please email the event coordinator at FCGWellnessAHWFB@Advocatehealth.org.
- Come **on time** for your biometric screening appointment to prevent backups and delays.
- It is recommended that you **fast for 8 hours** before your screening appointment time but a minimum of 6 hours is required to ensure accurate results. Please refer to the attached chart for guidance on when to eat in relation to your appointment time in order to fast. Medications and water are permitted.

Additional Information:

If you and/or your spouse choose not to enroll in the Wellness Program, please complete and return the attached declination form via interoffice mail, email hr@forsyth.cc or fax to (336) 727-2193. If you fail to comply with the wellness program requirements and are removed, your spouse will also be unenrolled, regardless of their compliance status.

If you have a change of address that has not already been reported to County HR, please email the attached *Change of Address* form to hr@forsyth.cc to ensure you receive correspondence from Atrium Health Wake Forest Baptist and Asset Health.

If you have any questions or need assistance, please call Human Resources at (336) 703-2400 or email hr@forsyth.cc.

To Your Health,
The Forsyth County Human Resources Team

Attachments:
2026 Wellness Program Detailed Registration Instructions
Fasting Chart
Declination Form
Notice for Healthkick Program
Alternate Biometric Form
Change of Address Form