

Know Your Numbers Campaign

Welcome to the Know Your Numbers Campaign! We are excited that you have taken this opportunity to take charge of your individual wellness. The campaign will run from January 1, 2026, through March 31, 2026. One lucky winner will be drawn to receive a raffle prize for a completed submission form.

- Mark the checkbox for all numbers received (all numbers in both fields must be received for entry into drawing)
- Email the signed and completed document to sjcengage@sjgov.org no later than 5pm on Tuesday, April 7, 2026
- Await the announcement for the prizewinner. Drawing will be held on Friday, April 8, 2026 at 12:30pm

Department: _____ Email Address: _____ Phone: _____
Employee ID #: _____ Date: _____
Employee Name: _____ Job Title: _____

PHYSICAL WELLNESS - Biometric health screenings will need to be conducted for all of the below topics

- Total Cholesterol
- High Density Lipoprotein Levels (HDL)
- Glucose
- Blood Pressure
- Body Mass Index (BMI)
- Height, Weight, Body fat percentage

FINANCIAL WELLNESS - You can pull your reports and scores from any source

- Equifax Credit Report & Score
- Experian Credit Report & Score
- Trans Union Credit Report & Score

I acknowledge that I have completed all of the requirements for the Know Your Numbers Campaign

Signature

****Please note that the county holds no financial responsibility for any co-pay costs or fees for pulling your report & scores. All costs associated with this campaign are not reimbursable by the county.***