

Instructions for Online PWP:

COVID -19 CHANGES:

We are allowing fully online assessments this year!
(You are not required to attend a physical screen.)

You will still receive your insurance benefits this year by just completing the online assessment.

All Personal Wellness Profiles must be completed online.
(No paper copies.)

If you do not have access to an electronic device to complete the assessment, we will assist you in completing your assessment over the phone.

If you prefer to attend a physical screen, you can by appointment only.
Click [HERE](#) to make your appointment.

(You still must complete the online assessment even if you attend a physical screen.)

We will only allow 3 people in the screen room at a time.
We are limiting screen locations to the Auditorium at DSS.
We will be checking temperatures prior to access to the screen.
All counseling will only be offered over the phone.

To complete the online Personal Wellness Profile (PWP) assessment, click on your department below. Next, enter your username and password from last year. If you did not attend the screen or you completed a paper assessment last year, use the "sign up" tab.

Important Information:

If you forgot your password, click on the "I Forgot My Password: Reset it" tab. It will ask you for your security question then email the password to you.

If you forgot your username or need any other help with your assessment, click [here](#).
You will get a response within 2 business days.

Please chose your department below:

(If your department is not listed, please email Jason.Colomb@Gastongov.com.)

Animal Control

Animal Control spouses

Administration

- Budget and Purchasing
- Building Inspectors
- County Manager
- County Commissioners
- Economic Development
- Elections
- Finance
- Veteran Services
- Travel and Tourism
- Tax Assessment and Collections
- Planning and Development
- Public Information Officer
- Personnel

[Administration Spouses](#)

[Central Transportation](#)
[Central Transportation Spouses](#)

[County Police Department](#)
[County Police Department Spouses](#)

[DHHS Social Services](#)
[DHHS Social Services Spouses](#)

[DHHS Public Health](#)
[DHHS Public Health Spouses](#)

[Gaston Emergency Medical Services](#)

- Fire Marshal
- Emergency Management

[Gaston Emergency Medical Services Spouses](#)

[Information Technology](#)

[Library](#)
[Library Spouses](#)

[Natural Resources](#)

[Public Works](#)
[Public Works Spouses](#)

[Recreation Administration](#)

- Cooperative Extension Services
- Museum

[Recreation Administration Spouses](#)

[Register of Deeds](#)

[Telecommunications](#)
[Telecommunications Spouses](#)

[Sheriff's Office](#)
[Sheriff's Office Spouses](#)

[Retiree](#)

[**“Know Your Numbers” Q & A**](#)

1. Is the “Know Your Numbers” Health Screen mandatory?

No, it is not mandatory; however, all employees, spouses and retirees that participated in the screens last year will have to complete the **ONLINE ASSESSMENT** this year to continue receiving the \$20 per pay period premium discount. All new employees will receive the \$20 premium discount beginning October 2020.

2. What do you bring with you to the “Know Your Numbers” Health Screen?

If you complete the PWP online, you will not be required to bring anything with you to the OPTIONAL screen.

3. Do I need to fast before my screen appointment?

Yes, we will be performing bloodwork, so we ask that you fast for at least 4 hours before your appointment. You may take all your medications and drink black coffee and water. **If you have not fasted for your appointment, we will ask that you reschedule so we can get accurate results.**

4. What if I already have my labs from my last doctor visit?

You can use your lab results for the ONLINE CHRA if they were taken after December 1, 2019. Please bring a copy of your lab work with you to your appointment.

5. What do I do if I cannot make it to my appointment?

Please use Appointments Plus to change your appointment time.

6. How long after the screen will I have to wait to see my results?

When you complete the assessment online you will have an instant report.

7. Will my information be kept private?

Yes, no personal information will be shared with your insurance company or any employee of Gaston County Government. All data collected will only be used for aggregate or cumulative reporting.

8. Who do I contact with additional questions?

If you have any questions regarding "Know Your Numbers", call Jason Colomb at (704)866-3166 or email him at Jason.Colomb@Gastongov.com.

For any insurance benefit questions contact Rachel Whitaker, Human Resource Benefits Manager at (704)866-3125 or email her at Rachel Whitaker <Rachel.Whitaker@gastongov.com>.