Montgomery County Public Schools

Comprehensive Wellness Program:

• Monthly Seminar/Webinar
• Spring/Fall Physical Activity Challenges
• Monthly eNewsletter
• Quit for Good Tobacco Cessation Class
• InStep with Diabetes Classes
• Flights to Fitness Challenge
• Awareness Events
• Meditation/Tai Chi/Seated Yoga/Yoga
• Zumba/Sit and Be Fit/Line Dancing/Social Dancing
• Encourage a culture of wellness throughout 200+ schools, 5 depots, and offices
• Wellness website and online fitness log

Wellness Initiatives:

• Earn up to 2% off health care premium by completing Biometrics and/or Health Risk Assessment annually
• Tobacco surcharge for tobacco users and covered spouses
Kent County Public Schools
Employee Wellness Program

Ed Silver, M.Ed, SHRM-CP
Supervisor of Human Resources
Wicomico County

Wellness Program
Goals of WCBOE Wellness

• To meet the wellness needs & interests of all WCPS employees
• To improve the quality of healthy, wellness, and emotional needs of WCPS employees
• Decrease Health Care Costs
• Improve employee productivity
• Increase employee moral
• Show we value our employee’s well-being
<table>
<thead>
<tr>
<th>Wellness Activity</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>April</th>
<th>May</th>
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<td>Wellness Champion Meetings</td>
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<td>WellAware Program</td>
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<td>Flu Shots</td>
<td>On-Site</td>
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<td>Fitness Classes: Yoga, Body Pump</td>
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<td>Healthy Cooking Class</td>
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<td>Maintain Don't Gain Challenge</td>
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<td>BeachBody On Demand Workouts</td>
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<td>Let’s Get Physical Challenge</td>
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<td>WCPS 5K Event</td>
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<tr>
<td>Health &amp; Wellness Fair</td>
<td>X (Every Other Year)</td>
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What It Offers

• Workshops
• Ability to log & track physical activity, food intake, water intake
• Quarterly Challenges: Random Acts of Kindness, Financial Wellness, Walk Around the World
• Resources & Articles
• Physicians Form & Online Health Assessment
• Connect Your Device

Employee Incentive

• Must earn 25 points each Quarter (3 months) ; 4 Quarters Total
• $200 credit towards 2019-20 Insurance Premium
• Fitbit or Fitbit Smart Scale
• Up to $200 reimbursement on gym membership, home gym equipment, registration for health events (i.e. 5K), nutrition counseling, fitness classes, weight loss management programs...
Panel Discussion on Employee Wellness

Lisa Cooperstein, MS, ATC
Wellness Coordinator
Montgomery County Public Schools

Ed Silver, M.Ed., SHRM-CP
Supervisor of Human Resources
Kent County Public Schools

Laura Bounds
Program Coordinator
Wicomico County Public Schools

* Please send any questions you have through the webinar’s chat