



# Montgomery County Public Schools

Employee  
Wellness  
Program

## 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



The image shows a screenshot of the Facebook page for the Wicomico County Public Schools Wellness Committee. The page header includes the name "Wicomico County Public Schools Wellness Committee" and a search bar. Below the header is a large group photo of the committee members. To the left of the photo is the committee's profile picture, which features a stylized "W" logo with a person inside, and the text "WICOMICO COUNTY PUBLIC SCHOOLS". To the right of the photo is the page name "Wicomico County Public Schools Wellness Committee" and the handle "@WCBOEwellness". Below the photo are navigation tabs for "Home", "About", "Photos", "Reviews", and "More".

Below the navigation tabs, the page displays a 5.0 star rating from 373 people who like the page. A search bar is provided for finding posts on the page. The "ABOUT" section includes the address "2424 Northgate Dr, Salisbury, MD" and the phone number "(410) 877-4400".

The main content area shows a post from the committee dated July 21 at 6:00pm. The post text reads: "Did you enjoy Sheila Loar's Healthy Cooking Seminar hosted by the WCBOE Wellness Committee last school year? Did you want to attend but all the spots were taken? Here is a sneak peek at what's to come from your WCBOE Wellness Committee and hosted by Sheila Loar for the 2016-17 year!" The post lists several upcoming events: "\* September 2016: Dinner Done Right", "\* December 2016: Holiday Treats", "\* February 2017: Heart Healthy Food", and "\* May 2017: Salad & Sangria".

Below the text is a promotional image for a "Back By Popular Demand FREE!!" class. The image shows a variety of fresh vegetables and a bowl of salad. The text on the image says "6:00 pm - 7:30 pm @ JHS High School" and "Learn how to healthy meals in minutes! 'Make It, Take It' Class". Below the image is the text "Serving up fresh, healthy foods you can create at home!"

On the right side of the page, there are sponsored ads. One ad is for Zillow, with the text "Your new home is here. www.zillow.com. Browse millions of homes across the country today on Zillow." Another ad is for Leesa mattresses, with the text "\$100 Exclusive Offer www.leesa.com. Leesa: The Better New Mattress™ - with over 2,500 5\* reviews".

<b>Wellness Activity</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>April</b>	<b>May</b>
<b>Wellness Champion Meetings</b>	<b>X</b>			<b>X</b>				<b>X</b>
<b>WellAware Program</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Flu Shots</b>	<b>On-Site</b>							
<b>Fitness Classes: Yoga, Body Pump</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>Healthy Cooking Class</b>	<b>X</b>			<b>X</b>			<b>X</b>	
<b>Maintain Don't Gain Challenge</b>		<b>X</b>	<b>X</b>	<b>X</b>				
<b>BeachBody On Demand Workouts</b>		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Let's Get Physical Challenge</b>						<b>X</b>		
<b>WCPS 5K Event</b>							<b>X</b>	
<b>Health &amp; Wellness Fair</b>	<b>X (Every Other Year)</b>							



# WellAware

## 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*