



BE WELL

Baltimore City Public Schools
Employee Wellness Program

Employee Wellness Program

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What is Be Well?



Healthy employees
create healthier
workplaces and
communities.

- **Be Well** is a districtwide comprehensive wellness program designed for the well-being of our employees, your families, and the greater school community that help you experience better health and overall life outcomes.
- Increase **awareness, education, and engagement** in wellness activities, **improving health outcomes** and the **productivity** of the learning environment, and ultimately reduce health care spending at City Schools.

What's happening now at Baltimore City Public Schools for employee wellness?

- Surveying employee needs
- Partnerships
- Virtual Opportunities
 - Fitness Classes
 - Webinars
- Mental Health Check Ins
- Communication
 - Website
 - Newsletters
 - Email
 - Staff Meetings

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