



WELLNESS PROGRAM

HEALTH FAIR

Attend the annual Health Fair and learn from wellness vendors.

DAY OFF INCENTIVES

To earn 1 day off from work, you must complete 5 out of the 8 activities listed below:

- Annual Physical
- Dental or Vision Check Up (1)
- Health and Benefits Fair Attendance
- Log of Exercise (at least 13 weeks of documented exercise, 3 to 5 days a week)
- Participation in a Physical Wellness Activity (ex: 5K run/walk/bike race)
- Attend a Nutrition/Physical Health Class/Webinar
- Attend a Financial Wellness Class/Webinar
- Attend a Mental Health Class/Webinar

SWIM PASS

Get an annual swim pass for you and your family for use at Murphy Park from Parks and Recreation at the beginning of the season.



AFFIDAVIT OF COMPLETED WELLNESS ACTIVITY

To earn 8 hours off from work, you must complete 5 of the activities listed below. Annual Physical is required as one of the five activities. Turn in the completed form, with documentation attached for each activity. The 8 hours off must be used in the fiscal year awarded and will not carry over if not taken. Forms are due NLT than August 1, 2022.

_____ Annual Physical (*required*)

_____ Dental or Vision Check Up

_____ Health and Benefits Fair Attendance (*credit for attendance of Benefits Fair on 8/6/2021*)

_____ Log of Exercise (*at least 13 weeks of documented exercise, 3 to 5 days a week*)

_____ Participation in a Physical Wellness Activity (*ex: 5K run/walk/bike race*)

_____ Attend a Nutrition/Physical Health Class/Webinar

_____ Attend a Financial Wellness Class/Webinar

_____ Attend a Mental Health Class/Webinar

Signature of Employee

Printed Name of Employee

Date

Department