

District 2 Employee Health and Wellness Policy | 2009

The goal of the District 2 Employee Health and Wellness Policy is to encourage all employees to optimize their health and fitness. All District 2 Public Health Campuses will support an environment that promotes individual and group physical activity, healthy meal and snack choices, and discourages unhealthy practices.

Goal 1: Increase physical activity among all District 2 Public Health Employees

Each employee will be allotted 30 minutes per day for wellness activities in coordination with current job responsibilities and permission from their immediate supervisor. The 30 minutes will be in the form of two 15 minutes breaks or one 30 minute break. The wellness breaks may not be taken in addition to the normal allotted break periods. Wellness breaks may be used for physical activity, health and wellness training or other options provided by the District 2 Employee Wellness Committee.

District 2 Public Health will support environmental changes at all health department campuses to ensure safe indoor-outdoor physical activity options. These changes include but are not limited to walking route maps, exercise stations, and tools such as pedometers to gauge mileage, steps, etc.

Goal 2: Increase fruit and vegetable consumption among all District 2 Public Health Employees

District 2 Public Health will encourage healthier meal/snack choices by exploring nutritious vending machine options; including food options at sponsored events which provide lower fat, lower calorie and vegetarian choices; and the communication of healthy recipes to fellow employees.

Goal 3: Increase health assessments and wellness checks among all District 2 Public Health Employees

Each employee will be encouraged to take advantage of regular health risk assessments offered by their health insurance programs, as well as the customized recommendations provided by those assessments, and to see their healthcare provider regularly for health maintenance visits. Health and wellness best practice tips will be communicated through periodic electronic newsletters to foster communication and discussion among District 2 employees.

**District 2 Employee Health & Wellness
Waiver/Agreement**
(Effective 06/01/2009)

I have read the District 2 Employee Health & Wellness Policy.

- I understand that “wellness breaks” like other breaks are a privilege that if abused can be revoked.
- I understand that my participation in the Wellness program can not interfere with regularly scheduled work or daily operations of the Hall County Health Dept.
- I understand that I may utilize (30) thirty minutes in the form of one break or (2) two fifteen minute breaks as determined by my supervisor.
- I understand that “Wellness breaks” may be taken *in place of not in addition to* other breaks.

I understand that my participation in the District 2 Employee Health & Wellness Program is strictly voluntary and is not required by *nor* is a condition of my employment. Therefore, District 2 Public Health and Amerisys (Worker’s Compensation) is relieved of liability from any injury sustained as a result of my participation in activities associated with the program.

Employee’s signature : _____

Date: _____

Supervisor’s signature: _____

Date: _____