

HEALTH PROMOTION PROGRAMS & SERVICES

Vision: To live and work in a healthy culture that values, protects, and enhances wellbeing.

Mission: We will...

- Provide employees with the resources, tools and skills to lead healthier lives;
- Empower our workforce to share responsibility for health and well-being;
- Collaborate proactively with management, employees, and health partners to embrace preventative strategies that ensure the sustainability of high quality, affordable health care benefits;
- Create an enjoyable and stimulating work environment that fosters well-being.



Programs & Services Include:

- Free annual influenza & COVID-19 vaccines
- Heavily discounted Parks & Recreation programs & services
- Healthy4Life incentive program - earn a discount on health insurance premiums!
- Nutrition coaching & classes
- Annual onsite health screenings; body composition and grip strength testing
- Wellness challenges & more



CITY OF
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HEALTH PROMOTION

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