

6/17/15

Do you offer any wellness/health incentive programs for your staff? (e.g., reimburse or pay for gym memberships)

No, we do not. Our Health Ins provides a wellness/health incentive programs for staff and they get a reimbursement. (Alice)

There is a discount for certain gyms through the Blue Cross Blue Shield medical insurance plan, and we also encourage our employees to consult with a nutritionist that we bring right to the office each month. The nutritionist is also covered through the BCBS plan. We do not reimburse gym memberships, but we have been providing wellness information including a chart of the prices and amenities for various local gyms in Brownsville, information on exercise tracking applications for their phone or via the internet, and we send out weekly wellness tips via email. We also have a weekly walking group to help keep people motivated to get up and walk, and keep them thinking about fitness and their health regularly. (Brownsville)

Yes if they participate with certain things, they get a deduction on their part of the employee insurance premium. (Amarillo)

Our insurance TML has a wellness incentive program if you complete the wellness checkup that is age appropriate you will receive \$150.00. (Dublin)

Through our health insurance the employees receive a wellness incentive of \$75 per year for completing a wellness checklist and keeping up with annual physicals. (Killeen)

Our city offers discount (\$20-\$30/month) on insurance if employees complete a wellness program (usually tracking your exercise or diet) the year before. We can also purchase "Fitbits" at 60% retail price. (Garland)

Our agency has an onsite gym that employees are eligible to utilize.

They are also eligible to pay for a corporate membership to Gold's Gym. Which is \$24.00/month with a \$25.00 one-time enrollment fee. To make it easier, we deduct the enrollment fee and membership from their paycheck.

United Healthcare also offers our staff wellness incentives. Staff recently were offered biometric screenings and received a \$75.00 gift card for completing this task. Also, employees can go on line and complete a health assessment and are awarded \$25.00. United also offers others incentives when employees complete certain goals. (Austin)

Yes we offer a wellness program through our medical carrier, AETNA, who has arranged a discount to most of the local gym's. in addition, we offer ZUMBA, YOGA and Boot Camp physical activities on-site as part of our wellness program. (Fort Worth)

As a healthy lifestyle incentive, employees with 360 hours or more of accumulated sick leave who have used 30 or less hours of sick leave during the period of December 1st of the previous year through November 30th of the current year, may be paid at their current hourly rate for sick leave over 360 hours. Upon request by the employee, this payment will be made on the first pay period in December, reducing the number of accumulated sick leave hours to not less than 360. (Nacogdoches)

we allow 30 minutes off 3 days a week for physical activity (San Marcos)