



Municipalities, Colleges, Schools Insurance Group

# Wellness Program

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***Wellness is a choice – a decision you make to move toward optimal health.***

## **BACKGROUND:**

The wellness program began in October of 1994 as the result of growing awareness among employees and management that many illnesses and disabilities could be prevented through education, early detection and lifestyle change.

## **MISSION STATEMENT:**

*"The mission of the program is to promote and preserve the health of all employees through a comprehensive wellness program. It is our unswerving belief that each person can enhance the quality of his or her life through a continual process of lifestyle improvement and balanced living."*

## **PURPOSE:**

The purpose of the program is to provide a combination of educational and organizational activities to encourage employees to adopt healthy lifestyles and become informed users of health care services.

## **GOALS:**

- ◆ Promote healthy lifestyles and prevent or postpone chronic illnesses
- ◆ Improve morale and productivity
- ◆ Reduce absenteeism
- ◆ Reduce employee turnover and replacement costs
- ◆ Contain health care costs for all members

## **PROFESSIONAL STAFF:**

The program is under the direction the MCSIG Health & Wellness Program Manager. The in-house program manager's chief responsibilities are to design, evaluate and implement wellness programs that promote and protect the health of our member districts' most valuable assets--its employees, retirees and their families.

## **WELLNESS PROGRAM SERVICES:**

- Healthy Reward\$ Incentive Program (earn up to \$500 for healthy actions)
- Gym Membership Discounts at local fitness centers
- Health Challenges (Exercise Challenge, Feel Like a Million, Colorful Choices, 10,000 Steps, etc.)
- Onsite Health Screenings (blood pressure, glucose and cholesterol, etc.)
- *Weight Watchers* Subsidies

## WELLNESS PROGRAM SERVICES (Continued):

- Onsite Flu Vaccinations
- A Wellness Advisory Committee that meets quarterly
- Wellness Ambassadors (site representatives) at each worksite
- Health Risk Assessments
- Wellness Employee of the Quarter Award
- Spring Event (Team Obstacle Course, HealthFest, Broomball Tournament, etc.)
- Monthly e-Newsletter *Living Well*
- Chronic Condition graduation bonus \$200
- Health Education Class Subsidies (Smoking Cessation, Stress Management, Yoga, Tai Chi, Diabetes Control, Asthma and Arthritis Education, Back to Health, Breast Feeding, Childbirth Preparation, Meditation, etc.)
- Worksite Environmental Support (e.g., release time to participate in activities, healthy food choices in the cafeteria and vending machines, bike racks)

### Who is eligible?

All employees, retirees and family members enrolled in any of the MCSIG medical plans. Dependents are not currently eligible for the Healthy Reward\$ incentive program (\$500).

### How do I find out when programs are offered?

To see upcoming wellness events go online at [www.mcsig.com](http://www.mcsig.com). Watch for program flyers in your break room. *Living Well*, the monthly newsletter will also list upcoming activities. Additionally, you may contact MCSIG at (831) 755-0161 or your district Wellness Coordinator/Wellness Ambassador (see list of ambassadors at [www.mcsig.com](http://www.mcsig.com)).

### Will the program cost me anything?

The wellness program is currently offered at no or low cost to all MCSIG members.

### How do I start?

Interested members may register for activities at their work site, online ([www.mcsig.com](http://www.mcsig.com)) or by calling MCSIG (831) 755-0161.

***"Keeping people healthy is just as important as caring for them when they are sick."***