

Proposal for Employee Wellness Program
Town of Chapel Hill Employee Forum
April 8, 2004

Target Group:

The Employee Wellness Program would benefit all Town Employees and their dependents. Parts of the program would specifically benefit Town Employees who do not live in Chapel Hill.

Benefits of Request:

An Employee Wellness Program would help to improve the overall health and well-being of Town Employees and their dependents. We believe that healthier employees are more effective employees.

Why Participate in the Employee Wellness Program?

The objective is to provide incentives for Town Employees and their dependents to lead healthier lifestyles. The program would provide discounts for health-related activities and serve as an educational program to inform employees of health benefits and options.

Time Line:

We believe that the Employee Wellness Program should begin planning immediately. The program could be implemented in phases so that it is functioning fully within a year from implementation.

List of Suggestions for the Employee Wellness Program:

The following are possible components of an Employee Wellness Program:

- Offer discounts to Town Employees for use of Parks and Recreation programs. For example, Town Employees who live outside Chapel Hill could be offered the resident rate for programs. We encourage a further discount beyond the resident rate.
- Continue discounts at the YMCA and publicize this benefit more.
- Pursue discounts at other health clubs in Chapel Hill for Town Employees.
- Provide/improve locker and shower facilities at all Town buildings to encourage exercise during lunch hour.
- Allow for flexible lunch schedules to allow for exercise time.
- Consider re-hiring a Wellness Coordinator. This position could be a temporary position.
- Consider installing exercise equipment at Town facilities.