

December 16, 2013

To: All Employees

From: City Manager, David Rutherford

As you are probably aware, an Employee Wellness Committee has been established and met for the first time on December 10. The purpose of this committee is to establish an employee wellness program to be proposed to the City Council for acceptance. In order for a proposal to be drafted, the level of participation needs to be determined. Please indicate below if you would be interested in participating given the following facts:

- Gym memberships would cost \$13/month and \$17/month for family members through payroll deduction.
_____ Yes, I'm interested _____ No, I'm not interested
- Exercising 4 times/month would give you the opportunity to gain up to an additional 4 days off during the year. (Gym membership would be required to be eligible)
_____ Yes, I'm interested _____ No, I'm not interested
- \$750 bonus for successfully passing the Cooper Fitness Assessment or \$450 bonus for successfully passing the Standard Fitness Assessment (see attached)
_____ Yes, I'm interested _____ No, I'm not interested
- Earn \$10 for every pound lost (up to 20 pounds). (There will be a monthly weigh-in.)
_____ Yes, I'm interested _____ No, I'm not interested
- Earn \$125 for maintaining a healthy BMI
_____ Yes, I'm interested _____ No, I'm not interested
- Wellness points can be accumulated to earn rewards. The following are possible examples of ways to earn points: annual physical exam, wellness screening, dental checkup/cleaning, annual eye exam, flu shot, participating in Blue Cross Blue Shield Lunch and Learn Series, work out sessions, tobacco free, and participation in weight loss program
_____ Yes, I'm interested _____ No, I'm not interested

RETURN TO YOUR SUPERVISOR BY DECEMBER 30, 2013

Employee Signature