

Employee Wellness Policy

XXX sponsors a wellness program for its employees. The wellness program is part of the comprehensive benefit package which management evaluates and determines annually. The wellness program is available to all employees.

The wellness program is branded as _____. A _____ Committee comprised of representatives from each department assists with program design and activities. Employees may volunteer to participate in the wellness program and/or components of it. The program includes:

- An annual health risk assessment
- Biometric screenings
- Individual wellness coaching and goal setting
- Group educational opportunities based upon the aggregate employee health data
- Wellness activities with employee groups such as weight management, nutrition and exercise
- Wellness participation incentives

XXX shall:

- Share aggregated wellness data with the employees on at least an annual basis.
- Develop a calendar year wellness program description and incentives.
- Maintain a minimum of 30% healthy choices in vending machines on company grounds.
- Promote and give preference to the access of healthy food and beverage choices during company sponsored meetings and event (water, fruits, vegetables, whole grain products).
- Not allow the use of tobacco advertisements, prizes, and promotional offers to be distributed or hung on company grounds.
- Include a physical activity or stretch break in meetings that last longer than one hour.