



**STANISLAUS COUNTY  
BOARD OF SUPERVISOR'S RESOLUTION  
ADOPTED FEBRUARY 17, 2009/RESOLUTION # 2009-114  
EMPLOYEE WELLNESS POLICY**

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**EMPLOYEE WELLNESS POLICY**

Stanislaus County supports and is committed to the overall health and well being of its employees. A healthy workforce results in a more productive workforce with less absenteeism, fewer accidents, lower health care demands, and greater overall savings by reducing the incidence of disease and disability. County employees are encouraged to participate in education classes and disease screening that help identify and reduce health risks before serious health problems occur or allow better management of existing conditions.

**PURPOSE**

Through the County Employee Wellness Program and partnerships with community organizations and County health care providers employees are able to access classes, screenings, and follow up assistance to identify and manage health issues and preventable illness.

**GUIDELINES FOR EMPLOYEE WELLNESS**

The County encourages healthy lifestyles by:

- A. Promoting wellness programs through the County's website and the annual Employee Wellness Week.
- B. Encouraging the inclusion of healthy food options at meetings, potlucks, and special events.
- C. Supporting the availability of healthy food options in vending machines and cafeterias operating at the workplace.
- D. Encouraging employees to utilize breaks for walking, stretching or other physical activity.
- E. Incorporating exercise/stretch breaks into meetings when practical.
- F. Promoting the use of stairs and walking paths.
- G. Providing educational resources/classes that promote exercise, good nutrition and healthy lifestyles within and outside the workplace.