



## City of Charleston

### Employee Wellness Programs

**Please join and take advantage of these resources that can improve your physical and mental wellbeing!**

- 1) **Tobacco Cessation Program:** We offer the American Lung Association's *Freedom from Smoking* program. With over a 90% success rate, this program has proven to work. It addresses the physical, mental, and social aspects of nicotine addiction. The costs of tobacco cessation medications and nicotine replacement therapies are covered for participants who are on the City's health insurance plan.
- 2) **Weight Management:** Maintaining a healthy weight is one of the best ways to prevent chronic disease and injury.
  - a) Individual nutritional consultations in the wellness office.
  - b) \$1500 reimbursement treatment at a physician guided weight management program (filed to BCBS insurance)
  - c) \$200 per year for weight loss classes/programs
- 3) **PUSH (Pulling Up Standards of Health) Employee Exercise Program.** This program reimburses up to \$25/month for employees and \$15/month for dependents to help with the cost of gyms or exercise classes. The City has also partnered with O2 Fitness gym and Pivotal Gym to provide corporate membership rates. However, staff are allowed to use any gym of their choice. All full-time staff are eligible as well as dependents and spouses on insurance.
- 4) **Diabetes Program:** This program aims to provide all the tools needed for a person with diabetes to be able to self- manage their condition and avoid complications. A Registered Pharmacist is assigned as the "diabetes coach" and helps to manage medication, assess lab work, and collaborate with the physician. Jan Park, RN the City's wellness nurse also provides an initial nutritional consult and ongoing nutritional support. Participants receive waived coinsurance on diabetes medication and supplies (medicine and supplies are free). Employees, dependents, and retirees who are on the City's health insurance plan are eligible.

- 5) **Healthy Heart Program:** The goal of the Healthy Heart program is to help the participants manage and reverse their high blood pressure and high cholesterol through a heart healthy diet and exercise. Participants have yearly nutrition consults and receive heart health education. Participants receive waived coinsurance on blood pressure and cholesterol medication as an incentive. Employees, dependents, and retirees who are on the City's health insurance plan are eligible.
- 6) **Onsite exercise classes:** Workout at Work classes taught by a certified trainer. Classes include cardio and strength training. Classes are open to all staff and their spouses. Yoga classes offered on Fridays for employees. Contact the Wellness Office for a full schedule. Come try a free class to check it out!
- 7) **Well Check Program:** The Well Check program aims to drive preventive health maintenance. Employees and their spouses who are on the City's health insurance plan can earn funds into their HRA/HSA medical accounts to help lower their deductible and out of pocket medical costs. Funds are earned when you complete your annual physical, annual screenings, dental cleaning, and vision checks. Funds are automatically deposited into the employee's account quarterly.
- 8) **Screenings:** Body composition using our InBody scale, cholesterol, blood pressure, and diabetes screenings are available at work Monday through Friday. Please call the Wellness Office to set up an appointment.
- 9) **Consultations:** Individualized nutritional consults are available in the wellness office and include overall assessment of eating patterns, goal setting, caloric requirements, teaching on fats/proteins/carbohydrates, grocery lists, food/exercise tracking and monitoring, and weekly weigh ins. Consults are tailored to address medical conditions such as diabetes or heart disease.
- 10) **Fitbit Program:** Employees on the City's health insurance can order a discounted fitbit to help you increase your activity and fitness. Contact the wellness office for details.
- 11) **Nutritional Webinar Series:** Access recorded nutritional education videos and everything you need to lose weight and eat healthy. These are located on the employee intranet, click on the Wellness tab.

For questions regarding the Wellness Programs and to enroll, please contact the Wellness Manager:

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