



County of Monterey

Board of Supervisors
Chambers
168 W. Alisal St., 1st Floor
Salinas, CA 93901

Legislation Details (With Board Report)

File #: 12-315 **Name:** Wellness Program
Type: General Agenda Item **Status:** Filed
File created: 5/16/2012 **In control:** Board of Supervisors
On agenda: 6/12/2012 **Final action:** 6/12/2012
Title: Accept an oral presentation from the Wellness Coordinator regarding the Monterey County Employee Wellness Program, outlining its history, progress and plan for continuous improvement.
Sponsors: Ray Bullick
Indexes:
Code sections:
Attachments: 1. Completed Board Order

Date	Ver.	Action By	Action	Result
6/12/2012	1	Board of Supervisors	received and filed	Pass

Accept an oral presentation from the Wellness Coordinator regarding the Monterey County Employee Wellness Program, outlining its history, progress and plan for continuous improvement.

RECOMMENDATION:

It is recommended that the Board of Supervisors:

Accept an oral presentation from the Wellness Coordinator regarding the Monterey County Employee Wellness Program, outlining its history, progress and plan for continuous improvement.

SUMMARY/DISCUSSION:

The Employee Wellness Program was created in 1985 by the Board of Supervisors as a partnership between management, unions and employees to address three main areas: Employee health and safety; Health insurance costs; and Workers' Compensation claims. Current programs and services cover seven areas:

- Healthy Eating and Weight Management
- Physical Activity
- Smoking Cessation
- Stress Management/Resiliency
- Healthy Pregnancy and Parenting
- Managing Work and Life; and
- Managing My Health

This presentation will address the program's history, progress and future plan to ensure a continuation of success in providing County employees with the education and tools necessary to improve their quality of life.

OTHER AGENCY INVOLVEMENT:

None

FINANCING:

There is no impact to General Fund with receipt of this presentation.

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