


Policy Component: Employee Wellness



Employee Wellness Subcommittee Goals and Activities

Goal #1 **Develop a process to communicate classes and programs available through the AACPS healthcare carrier (CareFirst) to principals/supervisors.**

Activities:

- 1.1 Determine amount of wellness credits available through CareFirst.
- 1.2 Obtain updated list of course offerings from CareFirst.
- 1.3 Communicate list to Regional Assistant Superintendents.
- 1.4 Identify work locations.
- 1.5 Finalize logistics of the programs with CareFirst.

Goal #2 **Promote the use of the Disease Management Program. “When You Get the Call, Take the Call”.**

Activities:

- 2.1 Note current participation statistics.
- 2.2 Advocate for the importance of employees/retirees taking responsibility for their own wellness through concentrated, bi-annual communication plan.
- 2.3 Communicate to participants.
- 2.4 Build into a regular communication plan.

