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.