



# FCC Wellness Plan

Employee Wellness is an organized program designed to enrich the physical, mental, emotional, occupational and spiritual well-being of all FCC employees.

A major goal of the program is to make the work environment more supportive of positive health behaviors. Doing so will improve the health and overall wellness of all staff. However, the concept of wellness goes beyond reducing unhealthy behaviors. Wellness includes promoting and supporting well-being for all employees.

## **Plan Structure**

The program will consist of:

- 4 themes, one per quarter, that will touch on various aspects of wellness
- 6 sub-topics, supportive of the theme, with educational materials to be distributed weekly
- One event per quarter, related to the theme

## **Plan Goals**

- Educate staff about wellness concepts
- Help staff shift to healthier lifestyles
- Facilitate early identification of health conditions among staff
- Increase staff maintenance of existing health conditions
- Increase employee engagement
- Lay the foundation for future program advancement

## **Plan Details**

### ***QUARTER 3, 2017 (JULY-SEPTEMBER)***

- Theme: Healthy Choices
- Education Topics
  - Nutrition
  - Self-Care I – Physical
  - Self-Care II – Emotional
  - Tobacco Cessation
  - Sleep Habits
  - Physical Activity
- Event: Compilation of an FCC Cookbook with healthy recipes contributed by staff

#### ***QUARTER 4, 2017 (OCTOBER-DECEMBER)***

- Theme: Prevention
- Education Topics
  - Family Health History
  - Health Literacy/Education
  - Risk factors and risk management
  - Screenings
  - Immunizations
  - Healthy Lifestyle
- Event: Flu shots offered locally for staff in each demographic

#### ***QUARTER 1, 2018 (JANUARY-MARCH)***

- Theme: Fitness
- Education Topics
  - Financial Fitness
    - Money Management/Budgeting
    - Credit
    - Saving and Investing
  - Physical Fitness
    - Get Moving!
    - Cardio/Strength/Endurance
    - Finding Motivation
- Event: Financial Fitness Challenge

#### ***QUARTER 2, 2018 (APRIL-JUNE)***

- Theme: Maintaining Health/Awareness
- Education Topics
  - Small changes that add up
  - Maintaining a healthy routine
  - Diabetes
  - Heart Disease
  - Cancer
  - Kidney Disease
- Event: Healthy Habit Challenge