



WELLNESS IDEAS

WHAT ARE OTHER JPIA MEMBERS DOING?



Easy ways to engage in wellness!

Sleep Challenge – Launch with a presentation on good sleep habits and why quality sleep is important to overall health. Use fitness trackers or the honor system to keep track of hours slept. Provide sleep masks, lavender oil, herbal teas to participants.

Charity Events - Sponsor individual employees or employee teams participating in a walking, running, or cycling event for charity.

Meditation Room - Create a sanctuary space at your location where employees can go to meditate or just de-stress. Furnish the space with plants, cushions, and a white noise machine. Make it a no phone zone.

Smoking Cessation – Use resources provided by Anthem, Kaiser or the CDC to help employees kick the habit. Award prizes to those who are successful over time – one day, one week, one month, one quarter, one year.

Offered on-site health screenings through Longevity
West Valley Water District & Western Municipal Water District

Purchased Bowflex Bike for on-site gym
McKinleyville Community Services District

Provided on-site yoga classes
Olivenhain Municipal Water District

Installed water bottle filling station
Amador Water Agency

Provided skin cancer prevention kits to employees
Centerville Community Services District

Purchased Headspace membership for all staff
Elsinore Valley Municipal Water District

Conducted employee weight loss challenge
Glenn-Colusa Irrigation District

Purchased workout bags with resistance bands for employees
Desert Water Agency

Easy ways to engage in wellness!

Fitness Subsidies – Provide a monetary subsidy to employees for the purchase of fitness shoes or equipment. Determine the amount of the per participant subsidy based on your budget. Participants must provide a receipt for their purchase to obtain subsidy.

Vaccine Clinic – Engage a vendor to offer free Covid, flu and pneumonia shots to employees in the early fall before the flu season gets started.

Bottle Filling Station – Install a water bottle filling station in your office. Fills water bottles fast, keeps non-reusable plastic bottles out of landfills and encourages water consumption (instead of sodas).

Office Sports Teams – Look up local sports league options and recruit for an office team to play softball, dodgeball, volleyball, pickle ball or others. Use grant dollars to pay for the team registration with the league and/or shirts for the team members.

Onsite Gym – Do you have an area at your agency where you can create a mini-gym? Even the smallest spaces can hold workout mats, hand weights, exercise bands and even a fitness cycle or rowing machine.

Wellness Webinar – Host a webinar with a speaker from Anthem EAP or another vendor. Employees can log in from home or desks. Topics include nutrition, fitness, stress relief, and smoking cessation. Conduct a raffle with wellness prizes for those who attend.

Meditation Class – Download the Calm App and go through the beginning meditation class called Seven Days of Calm. (Free - no subscription required). Purchase a Calm or Headspace subscription for access to more content.

Walking Challenge – Map an outdoor walking path around your office. Employees get a raffle ticket each time they complete the route for a monthly drawing.

Know your Numbers Campaign – Help employees identify hidden health risks by engaging a vendor to conduct cholesterol, blood sugar, and blood pressure screenings at your location.

DO'S & DON'TS FOR WELLNESS GRANTS

Encourage:

- Healthy habits
- Education on healthy lifestyle choices
- Activities where all can participate
- Preventive care
- Creation of a wellness committee

Avoid:

- Activities that only appeal to one or two employees
- Reusing prior year campaigns or programs
- Lack of communication about your program to participants

