

WELLNESS IDEAS

What Are Other Members Doing?

- **Offered on-site yoga classes** (Olivenhain Municipal Water District)
- **Provided plants and materials for a staff-planted vegetable garden** (La Canada Irrigation District)
- **Purchased a treadmill and weight set for the on-site gym** (Pico Water District)
- **Provided chair massages and conducted a wellness challenge** (Walnut Valley Water District)
- **Sponsored a wellness day with Revive** (Yuba Water Agency)
- **Covered the Employee Assistance Program (EAP) premium costs** (ACWA and Humboldt Bay Municipal Water District)
- **Purchased water bottle filler** (Georgetown Divide Public Utility District)
- **Purchased a weight rack for on-site gym** (McKinleyville Community Services District)

Easy Ways to Engage in Wellness:

Chair Massages – Book a local massage therapist to provide ten-minute chair massages for free or at a reduced cost.

Sun Protection – Provide employees with information on the importance of sun protection and the risks of skin cancer. Purchase wide-brim sunhats with neck protection for employees. Provide sun kits with sunscreen, hydration powders, cooling neckties, and water bottles to participants.

Anthem EAP Premiums – If your agency participates in the JPIA Anthem EAP, Wellness Grant funds may be used to cover the cost of the premiums your agency pays for the program.

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 week, one month, one quarter, one year.



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Easy Ways to Engage in Wellness:

Fitness Subsidies – Provide a monetary subsidy to employees for the purchase of fitness shoes or equipment. Determine the per-participant subsidy amount based on your budget. Participants must provide a purchase receipt to receive a 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. These fill water bottles fast, keep non-reusable plastic bottles out of landfills, and encourage 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, pickleball, or others. Use grant dollars to pay for the team registration with the league and/or shirts for the team members.

On-site 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 their computer or smartphone. Topics include nutrition, fitness, stress relief, and smoking cessation. Conduct a raffle with fitness/wellness prizes for attendees.

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.

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, or herbal tea to participants.

New This Year: Wellness Grants will be awarded on a first-come, first-served basis until funds are fully allocated. Early submission of the application is encouraged.

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



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