



City of Boston Wellness

Program Goals

- Improve health and well-being of all City of Boston employees
- Provide targeted interventions to reduce chronic disease
- Explore development of a workplace safety program
- Increase resource awareness and improve ease/accessibility of wellness programs and tools
- Manage healthcare cost increases for the City of Boston and employees

Mission Statement

The mission of the City of Boston Wellness Committee is to promote and encourage a culture of well-being. Our goal is to work in collaboration with authorities, commissions and employees to restore and initiate well-being in work and life. Through education, activities and promotion, the Committee will foster an environment that supports health, safety, increased employee engagement and teamwork.

Committee Goals and Objectives

- Develop a wellness plan that helps execute program goals with responsibility for implementation shared between HR/Benefits, PEC, EAP, and Safety
- Meet as a committee on a monthly basis to discuss upcoming initiatives, continue alignment, and share ideas for future programming
- Develop a process for evaluating ideas and feasibility for implementation
- Model healthy behavior and support the program by participating in the wellness activities
- Promote each program/activity within the employee population to create awareness and drive participation
- Educate employees on the tools and resources available to them