

City of Charleston Employee Wellness Programs



The City of Charleston has implemented a wellness program to assist employees in maintaining healthy, active lifestyles. Contact the wellness office at 843-958-6412 for questions.

- 1) **Tobacco Cessation Program:** We offer the American Lung Association's *Freedom from Smoking* program. With over a 90% success rate, this program has proven to work. It addresses the physical, mental, and social aspects of nicotine addiction. The costs of tobacco cessation medications and nicotine replacement therapies are covered for participants who are on the City's health insurance plan.
- 2) **Weight Management:** Maintaining a healthy weight is one of the best ways to prevent chronic disease and injury. We offer:
 - a) Individual nutritional consultations in the wellness office
 - b) \$1500 reimbursement to help cover out of pocket costs for treatment at a physician guided weight management program
 - c) \$50 reimbursement for Weight Watchers
- 3) **PUSH (Pulling Up Standards of Health) Program.** This program reimburses up to \$25/month for employees and \$15/month for dependents to help with the cost of gyms or exercise classes. The City has also partnered with O2 Fitness gym to provide a corporate membership. However, staff are allowed to use any gym of their choice. All full time staff is eligible.
- 4) **Diabetes Program:** This program aims to provide all the tools needed for a person with diabetes to be able to self- manage their condition and avoid complications. Participants are provided coaching to manage medication, assess lab work, and learn proper diabetes nutrition. Participants receive waived coinsurance on diabetes medication and supplies (medicine and supplies are free). Employees, dependents, and retirees who are on the City's health insurance plan are eligible.
- 5) **Healthy Heart Program:** The goal of the Healthy Heart program is to help the participants manage and reverse their high blood pressure and high cholesterol through a heart healthy diet and exercise. Participants have yearly nutrition consults and receive heart health education. Participants receive waived coinsurance on blood pressure and cholesterol medication as an incentive. Employees, dependents, and retirees who are on the City's health insurance plan are eligible.
- 6) **Onsite exercise classes:** Workout at Work classes taught by a certified trainer. Classes include cardio and strength training. Classes are open to all staff and their spouses. Yoga classes offered on Fridays. Contact the wellness office for a full schedule. Come try a free class to check it out!
- 7) **Well Check Program:** The Well Check program aims to drive preventive health maintenance. Employees and their spouses who are on the City's health insurance plan can earn funds into their HRA/HSA medical accounts to help lower their deductible and out of pocket medical costs. Funds are earned when you complete your annual physical, annual screenings, dental cleaning, and an online personal health assessment. Funds are automatically deposited into the employee's account quarterly.
- 8) **Lunch & Learn Seminars**
- 9) **Screenings:** Body composition using our InBody scale, cholesterol, blood pressure, and diabetes screenings are available at work Monday through Friday. Please call the wellness office to set up an appointment.
- 10) **Consultations:** Individualized nutritional consults are available in the wellness office.
- 11) **Fitbit Program:** Employees on the City's health insurance can order a discounted Fitbit to help you increase your activity and fitness. Contact the wellness office for details. Click [here](#) to order your discounted Fitbit.
- 12) **Nutritional Webinar Series:** All employees have access to Dr. Ann's motivational webinar series on the Employee Intranet. Watch 16 videos at your convenience while being inspired to eat clean and healthy! Access via the employee intranet under the wellness tab.