

SULTAN CITY COUNCIL

AGENDA ITEM COVER SHEET

ITEM NO: C - 6
DATE: October 8, 2009
SUBJECT: Establishing a Health and Wellness Program
CONTACT PERSON: Deborah Knight, City Administrator
Julie Addington, Administrative Secretary

ISSUE:

The issue before the City Council is to adopt Resolution 09-22 to implement a Health and Wellness Program for the City of Sultan employees.

STAFF RECOMMENDATION:

Staff recommends adoption of Resolution 09-22 to implement a Health and Wellness Program.

SUMMARY:

The council discussed the health and wellness program at the September 24, 2009 council meeting.

The City of Sultan purchases its employee health benefits through the Association of Washington Cities (AWC) benefits "pool". AWC encourages cities through grants and other incentives to adopt employee wellness programs.

Employee health is related to lifestyle decisions and many illnesses and injuries can be prevented by having a wellness program in place. Wellness programs increase participants awareness of their health options by helping them acquire knowledge, skills and motivation to achieve healthy lifestyles.

Many employers and health providers recognize that employee health can result in less absenteeism and enhanced productivity.

AWC offers mini grants and other incentives for cities that participate in a wellness program. A new program starting in 2011 offers cities a financial reward to members with outstanding wellness programs. Cities that win the 2011 Well City Award will get a 2% premium discount on their Regence Blueshield/Asuris Northwest Health employee and spouse premiums. The discount would be applied to the next years premiums.

FISCAL IMPACT:

The program will be started with council approval in 2009. Staff will recommend a small (\$250.00 to \$500.00) budget for 2010. The program will be managed by city staff. Other financial benefits include:

- Healthy city discounts on medical premiums
- Reduced health care costs
- Reduced employee sick time

RECOMMENDED ACTION:

Staff recommends adoption of Resolution 09-22 to implement a Health and Wellness Program.

ATTACHMENTS:

A – Resolution 09-22

DATE:

ATTACHMENT A

**CITY OF SULTAN, WASHINGTON
RESOLUTION 09-22**

**A RESOLUTION OF THE CITY OF SULTAN ESTABLISHING A CITY EMPLOYEE
WELLNESS PROGRAM.**

WHEREAS, the City of Sultan recognizes that employee health is related to lifestyle decisions and many illnesses and injuries can be prevented by positive individual health practices, and

WHEREAS, this program increases participants' awareness of their health options by helping them to acquire the knowledge, skills and motivation to achieve and maintain healthy lifestyles; and

WHEREAS, the City of Sultan further recognizes that improvements to employee health, achievable through active workplace health promotion programs and activities can result in better morale, reduced absenteeism and enhanced productivity and performance amongst City employees, and

WHEREAS, the improved fitness and good health of the City's employees is a benefit to our citizens through enhanced productivity and as a practical strategy to control healthcare expenditures;

NOW THEREFORE, BE IT RESOLVED by the City of Sultan Council its support of the City of Sultan Wellness Program.

PASSED AND ADOPTED this 8th day of October, 2009.

Carolyn Eslick, Mayor

ATTEST:

Laura J. Koenig, City Clerk