

# Employee Wellness Program

Manatee County Government Employees NOT on the YourChoice Health Plan



The following information is a guide for MCG Employees that are NOT YourChoice Health Plan Members. Note: All YourChoice Health Plan Members, regardless of employment status, are eligible for the programs & services listed as well as other services not listed.

## Wellness Programs Available to Employees NOT on the Health Plan:

Manatee County Government Employees (*Fulltime, Part-time and OPS*) and Employees of Manatee County Government's Supporting Agencies (*e.g. State Attorney's Office*) are eligible to participate in the following YourChoice Wellness Programs & Services, regardless of whether they are a YourChoice Health Plan Member or not. However, in some cases where seats are limited Health Plan Members will be given priority.

- YourChoice Fitness Center
- YourChoice On-Site Group Fitness Classes
- YourChoice Educational Programs; most workshops & classes\*
- Work Site Flu Shots
- Discounted programs like gym memberships, Man Up & Power Up, financial coaching, etc.
- SelfHelpWorks
- Project Z

*\*Most YourChoice Program Instructors are paid a flat hourly rate; these programs are open to all as indicated above. Program Instructors that require a fee per person are not available to Non-Health Plan Members, i.e. Personal Training is not subsidized for non-health plan members, you may inquire with the trainer directly and negotiate rate.*

## BCC & Constitutional Agency Employees Only:

The following programs & services are available to ALL active Employees of the BCC and Constitutional Agencies, whether they are a YourChoice Health Plan Member or not\*.

- In-house LAMP Benefits; Lifestyle Coaching & Counseling Services *Includes Fulltime, Part-time and OPS Personnel*
  - 5 sessions at no cost per calendar year
- Health Buck Incentive Programs such as Yweight and Exercise Management *Fulltime Personnel Only*
  - All fulltime employees whether covered under the YourChoice Health Plan or not, may earn wellness program health bucks to be used to reduce their YourChoice dental premium (if elected) or placed in a flex spending account (if elected). Refer to the website for more details about flex spending accounts.

*\*BCC: Public Works, Utilities, Building, Comm Svc, Parks & Rec, Public Safety, Convention, County Attorney, FMD, HR, IT, Nat Res, Neighborhood Svc, PMD, Public Safety*

*\*Constitutions: Clerk of Court, PAO, MSO, Supervisor of Elections, Housing Authority, Port, Tax Collector*

## Programs/Benefits NOT Available:

The following programs/benefits are only available to active Members of the Manatee YourChoice Health Plan. **Non-member Employees may NOT** participate in the following:

- Nicotine Replacement Program
- Medical Weight Loss Program
- Surgical Weight Loss Program
- Registered Dietitian Benefit
- Wellness Reimbursement
- Personal Training Benefit
- Off-Site Group Fitness
- Health Coaching

*The items listed above are meant to be a guide and are not limited to just the above items listed*

