

Well, Well, Well ...

A Holistic Approach to Wellness through the GBP

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Well of Knowledge



What are state agencies and higher education institutions required to do to encourage wellness among their employees?

- A.** Allow 90 minutes a week “on the clock” for fitness activities
- B.** Have a dedicated wellness liaison on staff
- C.** Reward annual preventive visit and health assessment with 8 hours of leave



2

Well of Knowledge



What are state agencies and higher education institutions required to do to encourage wellness among their employees?

B. Have a dedicated wellness liaison on staff

State statute allows—but doesn't require—employers to offer some time and/or incentives for wellness. Ask your wellness liaison/coordinator what's available to you.

3

Going Upstream



4

Why Go Upstream? *Performance*



5

Why Go Upstream? *Quality of life*



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"Well, Well, Well ... A Holistic Approach to Wellness through the Texas Employees Group Benefits Program"