

TOWN OF WILLISTON
Employee Wellness Policy

1. Purpose:
The purpose of this policy is to establish a program to help provide a safe and healthy workplace for employees and to encourage employees and their dependents to maintain healthy lifestyles.

2. Background:
The Selectboard recognizes Town employees as one of its most important assets. It is also recognized that physical fitness, emotional wellbeing and a safe work environment are critical components for a healthy and productive workforce. A safe work environment when combined with physically fit employees, leads to fewer absences from work and less use of medical resources. It also can lead to lower medical insurance costs.

3. Policy Statement
An employee wellness program should be established that provides opportunities and incentives for employees to maintain a safe work environment and a healthy life style. The program should attempt to address the elements that contribute to this goal including a smoking cessation program, physical activity, a healthy diet, stress management, health screenings, and other related activities.

Dated this 5th day of June, 2006

Terry Macaig, Chair

Jeff Fehrs, Vice Chair

Andy Mikell

Ted Kenney

Judy Sassorossi