



EMPLOYEE WELLNESS PROGRAM

What is the Employee Wellness Program?

As part of the BCPS culture to provide high-quality, engaging, and responsive instruction every day, in every classroom for our students, we also need to create a healthy climate for our employees. This is employee wellness. Wellness is personal. It's an individual journey toward balance, and a healthy lifestyle. The Employee Wellness Program works to provide a variety of programs and offerings that address the various components of wellness: emotional, intellectual, physical, social, and spiritual.

Who co-ordinates the Employee Wellness Program and the programs that it offers?

The [Employee Wellness Program](#) is in the Office of Benefits, Leaves and Retirements.

- Each school or worksite also has a *Wellness Champion*. This person helps coordinate employee wellness activities at your location.

What are some of the programs and activities offered by the Employee Wellness Program?

- Annual health assessments
- On-site fitness classes
- Activity tracking programs
- Wellness Challenges such as: Live Well, Work Well
- Wellness e-newsletters
- Weight loss programs such as 'Healthiest

What is the EAP?

The Employee Assistance Program (EAP) is a **no cost, confidential** employee benefit for *all* employees. The EAP provides services and supports to the employee and their household members (family) to assist with personal concerns and/or work-related concerns that may impact job performance, health, emotional well-being and the overall quality of life.

Who provides the EAP services and supports and what is their contact information?

The BCPS EAP has both an internal and an external EAP.

- **BCPS Internal EAP: 410 887-5414**
(during normal business hours—year round)
Janice Zimmerman, BCPS EAP Counselor
jjzimmerman@bcps.org
- **External EAP: Cigna EAP 1-888-431-4334**
(24/7) Registration/Logon ID: baltimore
Click 'Coverage' > Employee Assistance Program (EAP)

What services are included in the EAP benefit?

- Short-term, problem focused counseling (up to 10 sessions)
- Telephone consultations
- Information and referral services
- Live chat with Cigna EAP
- Work/life supports to assist in finding services such as daycare, eldercare, pet services
- Legal and financial consultation
- Online resources
- EAP Wellness Webinars:
www.cigna.com/EAPWebcasts