



## 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 is 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. The Employee Wellness Program is coordinated by Jean Benhoff, HR Wellness Analyst, [empwellness@bcps.org](mailto:empwellness@bcps.org)

- 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: Spring Fitness Challenge
- Wellness e-newsletters

### 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 EAP** Phone: 410 887-5414  
(*Confidential Voicemail*)  
(during normal business hours—year-round)  
Janice Zimmerman, BCPS EAP Counselor  
[zimmerman@bcps.org](mailto:zimmerman@bcps.org)
- **External EAP:** **Cigna EAP 1-888-431-4334**  
(24/7/365) To log on you must register  
*When prompted*, Logon ID is: baltimore

### What services are included in the EAP benefit?

- Short-term, 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 Webcasts](#)

