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 and Retirement. For questions or suggestions about the program, please email: empwellness@bcps.org

• Each school or worksite also has a Wellness Champion. This person helps coordinates 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, using COVID-19 safety precautions
• Activity tracking programs
• Wellness Challenges such as: Walking Challenges and Eat Well, Work Well

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
  jzimmerman@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), offering both face to face and teletherapy options, including TALKSPACE
• Telephone consultations
• Information and referral services
• Work/life supports to assist in finding services such as daycare, eldercare, pet services
• Legal and financial consultation
• Online resources
• EAP Wellness Webcasts