

Wellness...

Mind, Body, and Spirit



The Town of Prosper encourages healthy lifestyles that encompass a work-life balance focusing on programs and activities that support an employee's healthy mind, body, and spirit. Employees who voluntarily participate in the Town's wellness program and activities may be eligible for a wellness premium discount amount of \$50 per month (\$600 per year). All Town employees are eligible to participate in the Town's wellness program and activities.

The Town's wellness program includes breakfast 'n learns, lunch 'n learns, health screenings, flu shots, and individual and team activities. Employees and covered spouses must meet the following requirements for the wellness premium discount:

- Employee and Covered Spouse—Complete annual physical wellness exam;
- Employee and Covered Spouse—Complete an online health risk assessment;
- Employees must participate in two (2) Town activities designated for wellness credit; and,
- Submit a Tobacco-free declaration form.

Additional wellness programs and services are provided through the Town's EAP provider, Alliance Work Partners; medical provider, Blue Cross Blue Shield; and, dental provider, Delta Dental. Some of these programs include health coaches, tobacco cessation programs, weight loss programs, health and dental prevention, discounts for wellness services, etc.

