



Vision: To live and work in a healthy culture that values, protects, and enhances wellbeing.

EMPLOYEE WELLNESS SERVICES



MISSION | We will...

- Provide employees with the resources, tools and skills to lead healthier lives;
- Empower our workforce to share responsibility for health and well-being;
- Collaborate proactively with management, employees, and health partners to embrace preventative strategies that ensure the sustainability of high quality, affordable health care benefits; and
- Create an enjoyable and stimulating work environment that fosters well-being.

EMPLOYEE WELLNESS SERVICES OFFERED:



ONSITE VACCINE CLINICS

Free annual flu shots and COVID-19 vaccinations for ALL employees, and family members on City insurance.



FITNESS SUBSIDIES

Heavily discounted Parks & Rec programs and services for those who are eligible for City insurance. Call 515-239-5353 to get started.



HEALTHY4LIFE PROGRAM

Meet certain criteria, get a discount on your health insurance! Program open to employees on City insurance. Contact Kacie to get started.



NUTRITION SERVICES

Two free 1:1 nutrition counseling sessions with a registered dietitian for all non-temporary employees. Contact Susie Roberts, RDN, LD at dashccs@gmail.com to get started. We also offer nutrition classes and workshops!



ONSITE HEALTH SCREENINGS

Free annual onsite health screenings for those eligible for City insurance. Includes blood analysis, blood pressure, height, weight, waist circumference, and more!



OTHER EVENTS & RESOURCES

Blood drives, walking events, health resource library, educational sessions, and more!

QUESTIONS? CONTACT



Kacie Schumann,
Health Promotion
Coordinator
Human Resources



515-239-5354



kacie.schumann@cityofames.org



<https://extranet.cityofames.org/myhr/hr/health-promotion/>