

## **JCPRD STAFF WELLNESS PHILOSOPHY**

JCPRD is committed to providing wellness opportunities in a virtual learning center for JCPRD employees and their dependents to expand their wellness and preventative care knowledge and to more easily access wellness resources. Employees are encouraged to participate in the JCPRD Wellness Strategy in order to reduce costs for everyone! The primary goal continues to be geared toward creating a healthier workforce by providing resources, programs and incentives to employees. By satisfying certain components, such as participating in Live Well Be Well where employees log exercise minutes in order to earn time off and attending lunch and learns to enhance their personal education of how to be and stay healthy, JCPRD employees can take positive steps in improving their health. JCPRD employees also receive benefits, such as free access to JCPRD fitness centers, discounts on activities for them and their families and free entry into the Kansas City Corporate Challenge where companies throughout Kansas City compete in 30 different sports experiencing camaraderie and friendly competition. JCPRD employs a full-time Wellness Coordinator to ensure employees and patrons have access to healthy activities to enhance their quality of life in and out of the workplace.