

Healthy food

- Community Supported Agriculture (CSA) share program: [Provided a 25 percent subsidy to employees who purchased a CSA share](#). Participation increased from 12 memberships in 2015 to more than 30 in 2016.
- Healthy food policy: Assessed food and beverage vending throughout the City. Next, the committee will work to increase healthy options in vending machines.

Physical activity

- [Garmin activity tracker subsidies](#): City employees bought nearly 500 devices. The discounted devices became available during the Step To It Challenge and encouraged employees to use their devices to participate in the challenge. The group averaged 65,889 steps per week.
- [\\$35 Nice Ride subsidies](#): More than 150 employees bought yearly subscriptions for only \$25.

Education and communications

- Health and wellness classes: Coordinated and administered 30 health-and-wellness classes on a variety of topics for 1,000 attendees.
- [Mindfulness training](#): Coordinated two six-week sessions of mindfulness-based stress reduction courses.

Wellness grants

- [Wellness grant program](#): Provided departments with money to promote employee health and well-being. The 28 proposals received related to the goals of the Wellness Committee and City policy; the Wellness Committee partially or fully funded more than 90 percent of requests.

My Health Rewards by Medica employee wellness program

- Employee wellness program: Administered onsite elements of the program, such as health and wellness classes, biometric screenings and promotion of the program. Achieved an 80-percent program participation rate.