

Fort Bend ISD Employee Wellness Program Overview		
Wellness	Activities	Description
Physical	Yoga on Demand Aqua Fitness Open Swimming Line Dancing	Various fitness classes are available throughout the week during the academic school year and summer for employees. These classes are FREE to FBISD employees. Employee/Family discounts are available for many of the local fitness clubs through the One Pass Select Program. Go to www.OnePassSelect.com for more information and to register.
	Fitness Club Discounts	
	Real Appeal Weight Loss Program (UnitedHealthcare)	The Real Appeal Weight Loss Program is a FREE virtual weight loss program available to all FBISD employees/dependents enrolled in a UnitedHealthcare medical benefit plan.
	Healthy Pregnancy and Maven (UnitedHealthcare)	The Healthy Pregnancy Program provides prenatal guidance to expecting mothers. For early intervention, employees are incented to enroll in the program during their first trimester and receive \$150 eGift card upon completion.
Preventive	Onsite Screenings for Employees	Fort Bend ISD's Wellness Program offers free mobile mammograms, onsite Flu and COVID-19 shots, in addition to free pain management assessments through our partnership with Airrosti.
Financial	FinPath Financial Wellness (TCG)	FinPath is a program focused on decreasing financial stress in the workplace.
Mental & Emotional	Employee Assistance Programs (EAP)	Employees have access to live counselors face-to-face or telephonically. Up to 6 FREE counseling sessions available per household member.
	Stress Relief Toolkit	Focuses on the whole person through mindful tactics. It promotes a more relaxed, comfortable state of being – the perfect state for teaching
	(FBISD Wellness Team) Campus Zen Den	A Zen Den is a designated calming space on campus to support staff mental health and wellbeing. They include massage chairs and relaxation stations.

Please visit <https://flimp.live/FBISD-Employee-Resource-Center> for more information.