

EMPLOYEE WELLNESS

VISION	To create a wellness culture that encourages employees to lead healthier and well-balanced lives.
MISSION	To improve employee health, well-being and quality of life by providing health and wellness education, a diverse selection of wellness programs, and an atmosphere that is conducive to health improvements.
GOAL	All employees make strides towards a healthier tomorrow.

WORKING TOGETHER

FBISD's LiveWell Employee Wellness Program integrates Employee Benefits, Employee Assistance Program (EAP), community events, social networking, and UnitedHealthcare (UHC) resources and programs. Together we can transform the lives and well-being of our employees.

OFFERINGS

FBISD LiveWell Employee Wellness Program offers a broad range of wellness services, programs, and events.

ANNUAL PROGRAMS

- Million Mile Month
- Healthy Wages
- Benefits & Wellness Health Fair
- Go Red Day/Walk
- Go Pink Day/Walk
- Employee Wellness Committee

FITNESS CLASSES AND DISCOUNTS

- Open Swim, Aqua Fitness, Line Dancing and Yoga On Demand
- Discounts on local gyms and Health clubs
- One Pass Select

EDUCATIONAL CLASSES AND PROGRAMS

- Diabetes Education Seminars
- Mindfulness/Stress Reduction Campaigns
- Nutritional Seminars
- Strength and Conditioning Seminars
- National Observance Seminars
- Mental Health Campaigns

ONSITE ACTIVITIES

- Flu Shots
- Mammograms
- Covid-19 Vaccinations
- Airrosti Musculoskeletal Screenings

GET STARTED

Make your health and well-being the best it can be by connecting with what fits your needs and interests. Personal well-being is essential to happiness, and to the excellence of our organization!

Get involved with YOUR Wellness!

