

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

- ✦ Marathon of the Month
- ✦ Million-Mile Month

Fitness Classes and Discounts

- ✦ Zumba, Yoga, Open Swim, Aqua Fitness and Kick Boxing
- ✦ Discounts to Local Gyms and Health clubs

Educational Classes and Programs

- ✦ Diabetes Education Seminars
- ✦ Mindfulness / Stress-Reduction Campaign
- ✦ Strength and Conditioning Seminar

Onsite Activities

- ✦ Flu Shots
- ✦ Mammograms
- ✦ COVID-19 Vaccinations

Get Started

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

Get involved with YOUR Wellness!: <https://www.fortbendisd.com/Page/761>

