



LIVE WELL

XYZ Group Sample Workplan

Program Title	Program Description	Element of Wellbeing	Timeline	Vendor	Budget
Try This, Not That	We will offer quarterly cooking classes that will Increase employees' awareness of healthy substitutions in the kitchen by providing educational opportunities for them to learn how, when, and what to substitute.	Physical	4/year (Jan, April, July, October) 5:30-6:30pm	Registered Dietitian from our local hospital	Instructor fee of \$100/class + \$50 supply fee for instructors ingredients = \$600
Why VEBA/HSA?	We will offer two informational sessions on the tax advantages of a VEBA or HSA	Financial	2/year	Select Account	No charge
Sledding with Staff	We will offer the opportunity for employees to come together with their families for a day of sledding	Social	mid-January	Amazon	Sleds - \$100 Snowshoes - \$100
Ditch Duty	Employees will be encouraged to participate in our annual staff ditch cleanup	Community	2/year – March & October		No charge
Passion Board	We will create a bulletin board where employees can post their passions.	Career	Annually	Amazon	Notecards/Supplies \$100
Serving with Purpose	We will survey staff to determine their interests for activities. Staff that have a passion for topics will be encouraged to present.	Career	Monthly	Staff	\$50 instructor fee x 12 = \$600
Stand Up!	Purchase additional sit-to-stand workstations for employee use	-	2 stations	Cooperative Purchasing	\$350/station x 2 = \$700
Biometric Screenings	We'll offer a blood pressure, body mass index, cholesterol, glucose screening on site. In addition, employees can choose from one additional screen: PSA, thyroid, hemoglobin, vitamin D, or hearing.	-	March	Local hospital	\$40/person x 75 = \$3000
Total Budget					up to \$5250

This illustration is based on a Group with 75 contracts with a potential budget of \$5250 (up to \$30/Contract Eligible Activity Reimbursement + \$40/Contract Eligible Screening Reimbursement).