



Subject: Proposal to Grant an Additional Day Off for Employees Achieving the Maximum Pay-out for the Wellness Program.

Members of the Town Council,

We are writing to propose an enhancement to our employee wellness program by offering an additional day off to those who achieve the maximum pay-out. This initiative aims to further promote health and well-being among our town employees, and will hopefully lead to some daily changes to achieve this goal.

We (The Wellness Committee) feel by introducing an extra day off into the program, can motivate employees to engage in more wellness activities. This would produce a healthier workforce, by offering more than monetary compensation.

We believe that this initiative aligns with our town's commitment to fostering a supportive and healthy conscious work environment and would like to request at this time the council's consideration of this proposal.

Sincerely,

Wellness Committee Members

Dee Freed/Macon Shroyer/Kristin Robinson/Josh Baker

Name: _____
 Town of Yorktown Employee Wellness Initiative

2025

\$100
Physical (required)
Date: _____

\$50
Dental Cleaning & Exam #1
Date: _____

\$50
Eye Exam
Date: _____

\$50
Dental Cleaning & Exam #2
Date: _____

TOTAL:

TOBACCO FREE \$250

TOTAL:

WELLNESS HABITS & EVENTS (\$500 max)			
ANNUAL:			
<input type="checkbox"/> Lose weight*	# lbs. _____	\$10/lb	\$ _____
<input type="checkbox"/> PAT push ups	TBA		\$100
<input type="checkbox"/> PAT sit ups	TBA		\$100
<input type="checkbox"/> PAT run	TBA		\$100
<input type="checkbox"/> Annual flu shot*	date _____		\$25
<input type="checkbox"/> BMI between 18.5-24.9 (per CDC calculator)			\$100
<input type="checkbox"/> Forearm Planks - 3 minutes	TBA		\$100
<input type="checkbox"/> Wall Sit Challenge - 2 min. minimum	TBA		\$50 + \$50
<input type="checkbox"/> Bench press 50%-\$75/75%-\$100/100%-\$150	TBA		\$ _____
<input type="checkbox"/> "Macon's Marathon" 5K+12 mile bike	TBA		\$150

ANNUAL	TOTAL:
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1ST QUARTER (1/1/25-3/31/25): \$100 max			
Step challenge:			
<input type="checkbox"/> ave 280,000 steps/monthly* OR			*****
<input type="checkbox"/> ave 160,000 steps/monthly*			\$75
<input type="checkbox"/> 30 minute workout 12X per month*			\$50
<input type="checkbox"/> Complete a 5K run	date _____		\$75
<input type="checkbox"/> Complete a 9 mile bike	date _____		\$50
<input type="checkbox"/> Drink at least 64 oz of water every day*			\$50
<input type="checkbox"/> Employee lunch walk or bike 30 min *	# _____ X	\$5/day	\$40

1ST QTR	TOTAL:
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2ND QUARTER (4/1/25-6/30/25): \$100 max			
Step challenge:			
<input type="checkbox"/> ave 280,000 steps/monthly* OR			*****
<input type="checkbox"/> ave 160,000 steps/monthly*			\$75
<input type="checkbox"/> 30 minute workout 12X per month*			\$50
<input type="checkbox"/> Complete a 5K run	date _____		\$75
<input type="checkbox"/> Complete a 9 mile bike	date _____		\$50
<input type="checkbox"/> Drink at least 64 oz of water every day*			\$50
<input type="checkbox"/> Employee lunch walk or bike 30 min *	# _____ X	\$5/day	\$40

2ND QTR	TOTAL:
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3RD QUARTER (7/1/25-9/30/25): \$100 max			
Step challenge:			
<input type="checkbox"/> ave 280,000 steps/monthly* OR			*****
<input type="checkbox"/> ave 160,000 steps/monthly*			\$75
<input type="checkbox"/> 30 minute workout 12X per month*			\$50
<input type="checkbox"/> Complete a 5K run	date _____		\$75
<input type="checkbox"/> Complete a 9 mile bike	date _____		\$50
<input type="checkbox"/> Drink at least 64 oz of water every day*			\$50
<input type="checkbox"/> Employee lunch walk or bike 30 min *	# _____ X	\$5/day	\$40

3RD QTR	TOTAL:
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4TH QUARTER (10/1/25-11/23/25): \$100 max			
Step challenge:			
<input type="checkbox"/> ave 280,000 steps/monthly* OR			*****
<input type="checkbox"/> ave 160,000 steps/monthly*			\$75
<input type="checkbox"/> 30 minute workout 12X per month*			\$50
<input type="checkbox"/> Complete a 5K run	date _____		\$75
<input type="checkbox"/> Complete a 9 mile bike	date _____		\$50
<input type="checkbox"/> Drink at least 64 oz of water every day*			\$50
<input type="checkbox"/> Employee lunch walk or bike 30 min *	# _____ X	\$5/day	\$40

4TH QTR	TOTAL:
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*Requires documentation

PAT Standards
 25 push-ups (rest in up position)
 29 sit-ups in 1 min. (rest in up position)
 Run 1.5 miles in 16.28 or less

2025 TOTAL:

Town of Yorktown is committed to helping you achieve your best health. Rewards for participating in the Wellness Program are available to all employees who qualify for the town's health insurance. If you feel you might be unable to meet standards due to a physical disability, you might qualify for an opportunity to earn the same reward by different means. Please contact the Wellness Committee about an alternative in light of your health status.