

Denver Wellness

In Denver, living well is part of our culture. Repeatedly ranked as one of the healthiest cities in the country, Denver boasts bike paths and parks, marathons and bike races. Of course, wellness is about more than just being physically healthy; it's about being happy, motivated and relaxed. Wellness means reducing stress, eating well, and having good relationships. In an effort to better support our City employees on their paths to wellbeing, the Denver Wellness Program focuses on providing empowering health information, engaging wellness activities and a sweet incentive for your effort.

The core of the program is the Healthy Steps Incentive with the goal of encouraging employees to have an open and honest relationship with their doctor. Through this relationship, employees will have a better understanding their health status and know what steps to take to maintain or improve their health. Armed with the knowledge of their test results, employees will have access to on-site classes (at most locations) and fun activities to pursue health. By completing a few simple steps with their healthcare provider, employees will receive an incentive worth over \$200 as a reward for taking the first steps toward a healthier lifestyle.

Knowing your numbers, getting age appropriate screenings, tests and shots and starting a conversation with your primary care physician is the first step in making a plan for your health. And if you feel like your path could inspire a colleague, please let us know! Sharing your success could be the motivation they need to start their own health journey.

Our goal is to make our wellness program flexible and accessible for all city employees. We strive to provide programs that employees need the most. Through its partnerships with health organizations, prevention programs and financial counselors, Denver Wellness is there every step, rep or pedal of the way for City employees on their own path to wellbeing.

If you have questions about the program, would like to become your department's wellness champion, or want to share a good wellness story, please, email us at wellness@denvergov.org. For more information, visit the Denver Wellness website at denvergov.org/wellnessprogram.