

Wellness at



Educators
CREDIT UNION®



Educators encourages healthy employees by sponsoring several health and wellness options that include paid days off and a reimbursement for health club and weight management programs. Below are the optional program options.

Choose your program:

WALKING PROGRAM

Record the miles you walk and earn a paid day off*! You can get credit for walking up to two miles per day on a designated route at your branch or by walking to/from work. Miles accumulated should be documented on the Walking Log and submitted to Human Resources. When you have reached 100 miles, you will earn a Wellness Day.**

You can earn a maximum of three Wellness Days per year with this program.



WELLNESS ACTIVITY PROGRAM

Record the physical activity you do at home and track it to earn a paid day off*! Do any physical activity up to one hour per day at home and track it on the Activity Time Tracker sheet.

When you have reached 100 hours, you will earn a Wellness Day.**

You can earn a maximum of two Wellness Days per year with this program.



OR

Included with both programs:



Wellness Reimbursement

Educators reimburses up to \$20 per month towards health club & weight management programs (up to \$240 annually). All you need to do is fill out the Wellness Reimbursement Claim form, photo copy your contract, and submit it to the HR department. Your reimbursement will begin on the first paycheck of the following month.

*1 day off for full-time and 30+ employees will equate to an 8 hour Wellness Day and part-time employees will receive a 4 hour Wellness Day.

**There is no carryover at the end of the year for either program, but if you have at least 50 walking miles or exercise hours on December 31 you will receive a ½ Wellness Day to be used the following year.

Contact Human Resources for any question ext. 3581. (08/2024)