



The HEALTH+ Initiative is a new health and wellness program provided by the City of Cookeville. Its purpose is to encourage and reward employees to lead active, healthy lifestyles and to be used as a tool to help combat the drastic rise of healthcare costs. HEALTH+ will provide a variety of resources such as free programs, department competitions, challenges, access to the MoveSpring app and more, to assist employees in their endeavor to lead happy, healthy lives. This program is voluntary and open to all City employees.

What is included in HEALTH+?

- MoveSpring app and challenges: Employees will have access to use the MoveSpring app to help them track their activity and daily habits. This app will also be utilized for employee challenges that will take place throughout the year. A few examples of challenges are: Biggest Loser, Walk Across Tennessee, Department Competitions, Etc.
- Free fitness classes: All employees are welcome to take any of the group fitness classes including (re)Boot Camp offered at the Cane Creek Recreation Center at no cost. See a full schedule at <https://www.cookeville-tn.gov/313/Fitness>
- Discounted wellness classes: Each month a variety of wellness classes are offered through the Cane Creek Recreation Center. Classes such as Tai/Chi and Meditation are offered to employees for a discounted rate. Please see the upcoming schedule at <https://www.cookeville-tn.gov/304/Classes-Programs> and call 520-5286 to register.
- Lunchtime Learns: These are a great way for employees to hear from local experts on a variety of health topics or take the opportunity to have an active lunch break. Each six months one active and one lecture style Lunchtime Learn will be offered. The sessions are from January-June and July-December.
- Health screening: The City of Cookeville partners with Cookeville Regional Medical Center (CRMC) to provide a Wellness Health Fair to City employees, their spouses, and retirees. Providing preventative health screenings including several options of diagnostic screenings, multiple free screenings, and additional screenings offered at a discounted rate is huge benefit for individual wellness of the employee and their families.
- Get Fit Incentive Program: All City employees will have the opportunity to receive monetary awards for participation in this fitness component called "Get Fit". The program consists of several criteria that must be met to receive the monetary award. These include:
 - Working out and logging a minimum of 72 workouts in a six-month period. Workouts must be dedicated exercise and last a minimum of 30 minutes. Only one workout session per day counts toward the total.
 - Attend one Lunchtime Learn in a six-month period.

- Take the physical fitness assessment at the end of six months and score in the target range for age and gender in any of the five components of physical fitness. These components are:
 1. Flexibility (tested by a sit and reach measurement)
 2. Muscular Strength (tested by push-ups)
 3. Muscular Endurance (tested by sit-ups)
 4. Cardiovascular Endurance (tested by a timed 1.5 mile run or one mile walk)
 5. Body Composition (tested by body fat analysis – bioelectrical impedance)

Participants have the potential to receive \$40 for each of the five components completed in the target range every six months. If participants score in the “gold standard level” (90th percentile) for their gender and age range they are eligible to earn \$80 for each of the five components every six months. All monetary awards are taxed.

Note: The HEALTH+ committee will confirm successful completion, recognize successful employees, administer the physical fitness assessment and recommend the monetary award be issued.