

WELLNESS OPPORTUNITIES



The City of Renton recognizes the importance of supporting all employees in achieving a healthy lifestyle through policies and programs that contribute to a healthy environment and by supporting employees in making positive lifestyle choices. The City of Renton Employee Wellness (CREW) committee is dedicated to promoting a healthy work culture and lifestyle for the benefit of employees working for the City and their families.

Employee Assistance Program: The Employee Assistance Program (EAP) is a completely confidential resource outside of the workplace that assists you and your family in coping with life's many complexities and challenges. Professional help is always available by calling a 24-hour, seven days a week toll-free number. EAP offers four free in-person counseling sessions, as well as financial and legal assistance. That telephone number is 1-800-777-4114 and the web address is www.FirstChoiceEAP.com username: cityofrenton

Tobacco Cessation Program: In keeping with the City of Renton's commitment to the health of employees and their families, we have partnered with Optum to offer the Quit For Life[®] Program. This program is available at **No Cost** for all City of Renton benefit eligible employees and their spouse or domestic partner. When you join, a Quit Coach[®] will help you create an easy-to-follow Quit Plan and will show you how to get ready, take action and then live the rest of your life as a non-smoker. Call **1-866-QUIT-4-LIFE (866-784-8454)** or go to www.quitnow.net for more information.

Biometric Screening Incentive: A \$55 gift card is available to employees who have had their annual preventive visit with their physician and completed their biometric screenings which include blood pressure, cholesterol, glucose, and/or body mass index. No employee private health information or screening results will be shared with the City. The Wellness Screening verification forms are available on the Wellness Website located on [SharePoint](#).

Fitness Rooms: The Fitness Rooms are available 24/7 for employee use at City Hall on the third floor. There is also a fitness room located at the Public Works Maintenance Shops for the employees who work at that location. Employees may also use the Renton Community Center fitness room by showing their employee ID badge.

Fitness Class Discount: Employees who sign up for fitness classes for themselves at the Renton Community Center will receive a 50% employee discount.