Policy Title: Wellness

MGS supports and is committed to the overall health and well being of its employees. A healthy workforce results in a more productive workforce with less absenteeism, fewer accidents, lower health care demands, and greater overall savings by reducing the incidence of disease and disability. Employees are encouraged to participate in education classes and disease screening that help identify and reduce health risks before serious health problems occur or allow better management of existing conditions.

Through the MGS Employee Wellness Program and partnerships with community organizations and health care providers employees are able to access classes, screenings, and follow up assistance to identify and manage health issues and preventable illness.

GUIDELINES FOR EMPLOYEE WELLNESS

MGS encourages healthy lifestyles by:

A. Promoting wellness programs throughout the year.
B. Encouraging the inclusion of healthy food options at meetings, potlucks, and special events.
C. Supporting the availability of healthy food options in vending machines.
D. Encouraging employees to utilize breaks for walking, stretching or other physical activity.
F. Providing educational resources/classes that promote exercise, good nutrition and healthy lifestyles within and outside the workplace.