

## WHO IS AWC?

The Association of Washington Cities is a private, non-profit, non-partisan corporation that represents Washington's cities and towns before the state legislature, the state executive branch and with regulatory agencies. Membership is voluntary. However, AWC consistently maintains 100% participation from Washington's 281 cities and towns. A 24-member board of directors oversees the association's activities. \*

The City of Mill Creek receives its medical benefits through AWC, and it is by meeting their guidelines and suggestions for our wellness program that we are able to earn our 2% insurance premium discount, as well as other incentives for having a healthy work-place.



## INTERESTED IN JOINING THE WELLNESS COMMITTEE?

Contact any current member of the committee, or your HR department, for information on available openings!

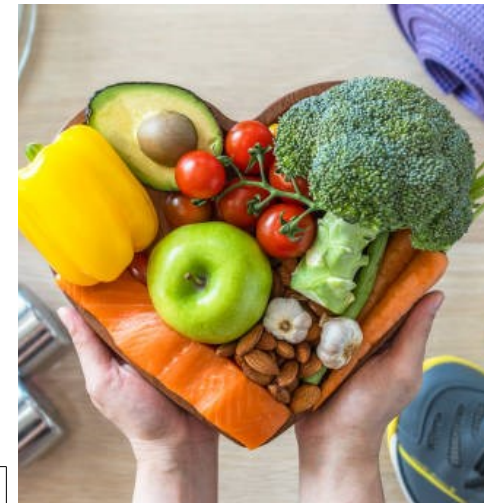


**CITY OF MILL CREEK**

15728 Main Street  
Mill Creek, WA 98012

[www.millcreekwa.gov](http://www.millcreekwa.gov)

# Employee Wellness Program



\*Taken from AWC's website: [awcnet.org](http://awcnet.org)

# WHY WE DO WHAT WE DO....

## Our Mission:

*“To promote and encourage the health and happiness of all City of Mill Creek Employees because healthy and happy employees make productive employees.”*

Each year, the City of Mill Creek Wellness Committee plans a series of events designed to strengthen the mental, physical and emotional well-being of its employees.

Events range from personal progress tracking to group events and team competitions.



## Some Wellness Activities:

- |                      |                      |
|----------------------|----------------------|
| Potluck Celebrations | Tasty Twist          |
| Stress Reduction     | On-Site Health Check |
| AWC Unplugged Event  | Cooking Demos        |
| Line Dancing         | On-Site Massages     |

## BENEFITS OF PARTICIPATION

- Increased health awareness
- Earn a free “Wellness Day-Off” each year
- Lower health insurance rates
- Decrease in stress, Increase in morale
- Various activities, prizes and awards throughout the year



## YOUR WELLNESS COMMITTEE

The City of Mill Creek’s Wellness Committee is made up of employees representing each department in the City. They meet once a month to create the exciting wellness events.

They are responsible for setting the annual Wellness calendar events, determining and distributing prizes, and managing the Wellness budget.

With the support of management, they’ve been able to establish a tradition of high participation and success, earning the city several AWC Well-City awards.



## HOW DO I PARTICIPATE?

There are a couple of different routes you can take.

When you join the staff at the City of Mill Creek, you’ll receive the annual Wellness Calendar. Not only does it display the scheduled events for the year; it also serves as a tracking aid.

By participating in a set number of activities and exercising a set number of hours throughout the year, you are able to earn a Wellness Day-Off, along with a 35\$ gift card for earning 100 points on the Castlight app.

If you are not interested in the free vacation day, you can still participate in any of the wellness activities that appeal to you. Your participation helps the city reach its goals, and may earn prizes and incentives for you!

We invite you to join us and discover for yourself all of the benefits your Wellness Program can provide.