

Wellness Program Policy

Purpose

The wellness council provides general guidance to all members of Clayton State University for the administration of programs designed to support the health and wellness of its employees and students.

Scope

This policy will ensure the members have guidance in offering specific health and wellness benefits and for uniformly administering these programs.

Policy

The Clayton State University's Wellness Council provides wellness resources to all employees and students of the university in three primary areas concerning healthy lifestyle: healthy eating, physical activity, and stress management.

1. EMPLOYEE PARTICIPATION ELIGIBILITY

Employees and students are eligible to participate in wellness programs.

2. WELLNESS COUNCILS

A member creating a wellness program will create a wellness council to promote wellness. The wellness council may work to:

- (a) increase employee interest in wellness;
- (b) develop and implement guidelines to improve agency infrastructure allowing for increased wellness; and
- (c) involve employees in wellness programs.

3. WELLNESS PROGRAMS

- (a) encourage each employee and student 30 minutes for exercise three times each week;
- (b) encourage all employees and students to attend on-site wellness seminars and/or activity classes when offered;

4. Program Participation Limitations

Workplace wellness activities will typically occur outside of work hours, for example before and after work and at lunch time.

Participation in wellness activities is voluntary and, therefore, the university is not liable for injuries sustained by employees during their participation in these activities. As a general reference, injuries that occur during nonpay status are not compensable.

5. Wellness Council Committee Composition

A fully staffed wellness council will have the following representatives and additional consultative members:

- (a). faculty members (includes one Health and Wellness)

(b). staffs from the Student Activity Center

(c). administrator

(d). Student representative

(e). Additional members serving in a consultative capacity, such as a representative from Dining Services, Human Recourses

Eligibility and selection

Prior to the end of each academic year (April/May), the Workplace Wellness Council Chair will collect from current committee member's recommendations for new members.

Members can expect to lead components of programming and will spend approximately four hours per month on the workplace wellness committee activities.