

## Mission and Vision Statement

The Everett School Employee Benefit Trust Wellness Program will create a culture of wellness by engaging staff in opportunities to enhance their overall health and quality of life.

## Vision Statement

Every employee realizes their optimal health potential.

## Program Goals

1. **Create a culture of health by providing employees of the district with resources, tools, and support that enhance their overall health and quality of life.** A culture of health is one in which people live, work, and learn in an environment that supports healthy behaviors, and overall well-being. The environment is such that the healthy choice is the easy choice. Through leadership support, encouragement and modeling employees feel inspired and empowered about their health and making healthy choices.
2. **Establish health-related policies** (or formal or informal written statements), to promote employee health and support a healthy district culture.
3. **Make health-related programs and opportunities** available to employees at the workplace or through outside organizations to begin, change, or maintain healthy behaviors that lead to a reduction in health risks throughout our organization.
4. **Prevention: educate employees and raise awareness** about ways to adopt a healthy lifestyle and prevent and/or reduce the risk of disease