

# Well, Well, Well ...

## A Holistic Approach to Wellness through the GBP

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September 7, 2023



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## Well of Knowledge



**What are state agencies and higher education institutions required to do to encourage wellness among their employees?**

- A. Allow 90 minutes a week “on the clock” for fitness activities
- B. Have a dedicated wellness liaison on staff
- C. Reward annual preventive visit and health assessment with 8 hours of leave



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# Well of Knowledge



**What are state agencies and higher education institutions required to do to encourage wellness among their employees?**

**B.** Have a dedicated wellness liaison on staff

State statute allows—but doesn't require—employers to offer some time and/or incentives for wellness. Ask your wellness liaison/coordinator what's available to you.

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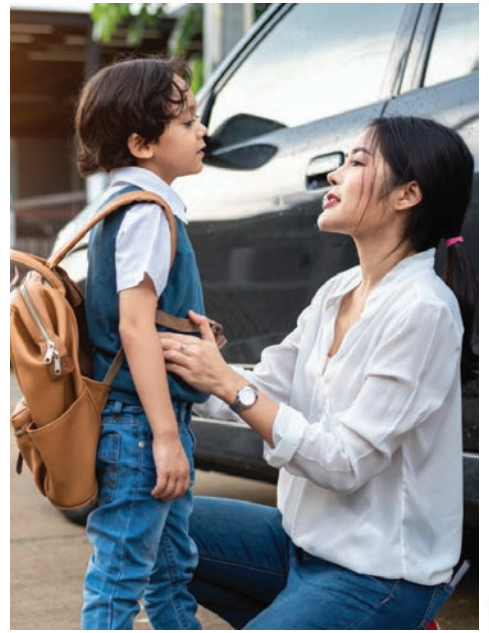
# Going Upstream



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# Why Go Upstream?

*Performance*



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# Why Go Upstream?

*Quality of life*



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First appeared as part of the conference materials for the

18<sup>th</sup> Annual Advanced Texas Administrative Law Seminar session

"Well, Well, Well ... A Holistic Approach to Wellness through the Texas Employees Group Benefits Program"