# Well, Well, Well ... A Holistic Approach to Wellness through the GBP

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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



# 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

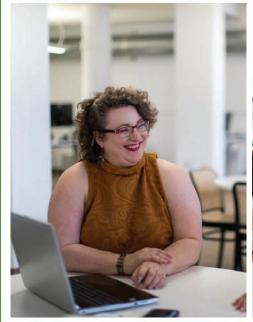




# Why Go Upstream?

Performance









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# Why Go Upstream?

Quality of life









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Also available as part of the eCourse 2023 Advanced Texas Administrative Law eConference

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