

RESOLUTION NO. 2014-06

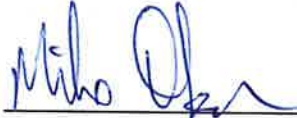
**A RESOLUTION BY THE
MASON TRANSIT AUTHORITY BOARD
ADOPTING A WELLNESS PROGRAM POLICY**

WHEREAS, Mason Transit Authority's goal is to create an environment that supports healthy lifestyles and offers opportunities for employees to optimize their health and well-being by supporting a wellness program in the workplace that meets the needs and interests of the employees.

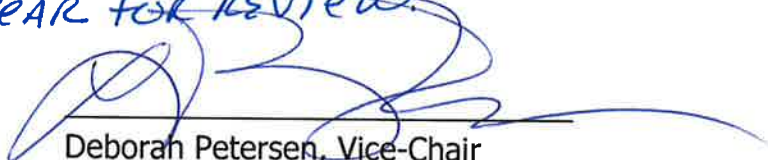
NOW THEREFORE BE IT HEREBY RESOLVED by the Mason Transit Authority Board that POL-602 Wellness Program Policy, attached hereto as Exhibit A and incorporated herein, be established and adopted.

The Policy is to be presented to the Authority Board in one year for review.

Dated this 20th day of May, 2014.



Mike Olsen, Chair



Deborah Petersen, Vice-Chair

Ginny Beech, Authority Member



Terri Jeffreys, Authority Member

John Campbell, Authority Member



Rick Johnson, Authority Member



Randy Neatherlin, Authority Member

Tim Sheldon, Authority Member



Cheryl Williams, Authority Member

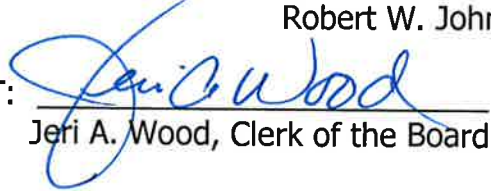
APPROVED AS TO CONTENT:

 5/22/14
Brad Patterson, General Manager

APPROVED AS TO FORM:


Robert W. Johnson, Legal Counsel

ATTEST:


Jeri A. Wood, Clerk of the Board

DATE:

5/20/14



Title: Wellness Program
Number: 602
Effective: June 1, 2014
Cancels: N/A
Prepared by: Rikki Johnson, Human Resources
Approved by: Authority Board
Resolution No. 2014-06

POL-602 WELLNESS PROGRAM

This policy applies to all Mason Transit Authority (MTA) employees.

1.0 Purpose

To create an environment that supports healthy lifestyles and offers opportunities for employees to optimize their health and well-being.

2.0 Goal

To support wellness in the workplace by creating a program that meets the needs and interests of the employees of MTA.

3.0 Policy

- 3.1 The Wellness Team will be comprised of six to eight members. The following teams must have at least one member on the Wellness Team: Administration, Operations, Maintenance, Finance, Outreach and Human Resources.
- 3.2 Members of the Wellness Team will serve an indefinite term and are encouraged to be enthusiastic and support of the purpose and goal of the Wellness Team.
- 3.3 The Wellness Team will meet at least once a month during regular business hours and will follow an agenda prepared by the Chairperson of the Wellness Team.
- 3.4 Duties of the Wellness Team include:
 - Providing enthusiastic support of the purpose and goal of the Wellness Team.
 - Creating a sense of employee ownership by participating in the planning and promotion of wellness activities.
 - Performing evaluations of ongoing programs and activities.
 - Providing peer support and advocacy to boost wellness program participation.
 - Sharing responsibilities to lessen the workload impact on the Chairperson.
 - Preparing an annual budget for presentation to the General Manager for program support.

Per Resolution No. 2014-06, Policy is to be presented to the Authority Board in one year for review.