

Healthy Employees. Healthy Business.

Building and supporting a culture of wellness can deliver results for your business and your employees. Workers that are healthy and maintain a positive outlook can lead your business to an even healthier bottom line. An effective workplace wellness program enhances your employees' wellness and can:

- Boost company morale
- Decrease stress
- Control your overall healthcare costs

At Blue Cross and Blue Shield of Kansas, we are committed to working with you to develop a workplace wellness program that helps you create a healthy work environment and helps your employees thrive. Our Employer Wellness Coordinator will work with you to develop an ongoing wellness program with implementation steps and standards to help determine success.

To support your workplace wellness program and to increase engagement with wellness activities, dollars from your wellness fund can be reimbursed to you when you conduct health and wellness activities or provide incentives to help promote an active, healthy lifestyle.

Other

- Biometric screening event for all employees
- Instructor-led wellness presentation – Instructor fee
- Chair massages
- Financial wellness (credit counseling, retirement planning) – Instructor fee, class materials
- Gift card used as a wellness incentive for a health and wellness function (gym, personal trainer, health foods grocery store)
- Wages to fill in for staff attending or leading a wellness event, or to allow time off as a wellness reward

Wellness Reimbursement Options

Motivate and Reward Your Valued Employees

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1133 SW Topeka Blvd, Topeka, KS 66629



These options are approved incentives and activities for your wellness fund dollars.

Activities not on the list below will need to be pre-approved by Blue Cross.



Physical Fitness/Exercise

- On-site, instructor-led exercise class – Instructor fee
- Discounted gym membership fees
- Fitness activity registration (e.g., 5K, triathlon) – individual or company-sponsored team registration fees
- Wellness/exercise equipment
- Subscription fee for wellness tracking system
- Bicycles for work share
- Bicycle helmets

Food/Drink

- Snacks for a biometric screening event
- Water bottles for wellness activity or water challenge event
- Large water/diffuser dispenser or water bottle filling stations
- Healthy snack/meal provided during a health and wellness event (lunch & learn, wellness presentation)
- Taste testing a healthy food vendor
- Healthy snack/meal kiosk station or café development – Equipment and food/beverage purchase
- Cooking class – Instructor fee and food purchase
- Purchase of vending machines dedicated to healthy snacking options



Reward

If a wellness activity is completed by an employee (5K, Step-Challenge, etc.), a reward gift can be given.

Possible examples:

- Gift card (any location/service) or cash reward
- Activity tracker device (any brand)
- T-Shirts or other apparel, water bottles, resistance bands, yoga mats, earbuds

Mental Health

- Employee Assistance Program costs
- Doodle books/coloring books with markers
- Journals
- Puzzles
- Onsite yoga or meditation classes – Instructor fee