Work-Life Wellness Benefits!

Section 664.061 of the Government Code ("Code") indicates that a state agency may:

- allow each employee thirty (30) minutes during normal working hours for exercise three times each week;
- allow all employees to attend on-site wellness seminars when offered; and
- award eight (8) hours of additional leave time each year to employees who receive a physical examination and complete an online health risk assessment ("HRA") tool.

Wellness Breaks

In an effort to promote a healthier lifestyle, employees are able to take wellness breaks pursuant to the Work-Life Wellness policy. (POLICY)

These breaks must be taken at times that do not interfere or interrupt regular business. Managers may use their discretion to determine an appropriate time for employee wellness breaks.

Additional eight (8) hours of leave time

To get the additional leave time employees must complete all three (3) of the following steps:

1. Complete the Online Personal Health Assessment (link to the assessment, step by step guide)
2. Receive a Physical Examination from a physician
3. Complete and submit a certification form to Human Resources (Attn. HR Director) (Click HERE to view the form)

For additional information regarding the wellness policy, please contact a wellness ambassador or the HR Director.

Extra Perks...

Visit our Wellness Page for more information about employee discounts and benefits.